Holiday Gift Guide

BIGGEST HOLIDAY ISSUE EVER: 37 SEASONAL RECIPES

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NOV/DEC 2015

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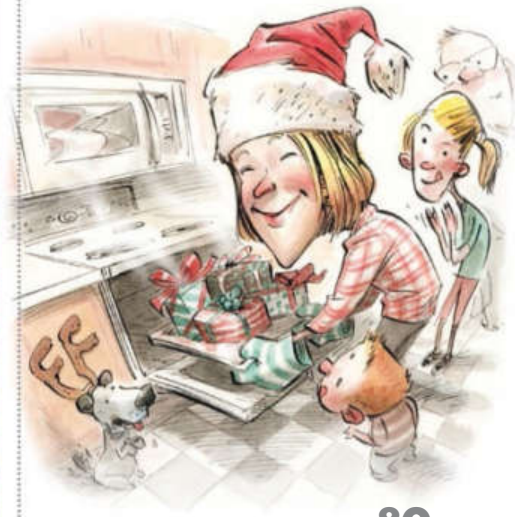
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NUTRITIONAL ANALYSIS
Nutritional analysis for recipes is created using Food Processor SQL nutrition and fitness software by ESHA. Recipes are analyzed per serving (unless otherwise indicated) for calories, fat, cholesterol, sodium, carbohydrates, fiber and protein. Nutrient amounts are approximate due to variations in brands, manufacturer, preparation and ingredient substitutions. When ingredient choices are listed, we use the first one. Nonspecific amounts, for example "to taste," and garnishes are not included.

Cover photo by Isadora Lassance. Recipe page 60.

A jolly holiday wish for you

We all have holiday wishes.

Sometimes we want things that can't be purchased—a return to good health for someone we love, an achievement of a goal for ourselves, a family member or a friend or a chance to spend more time with those who need us.

Sometimes we want things that money can buy. The latest fashion accessory or cell phone, the newest KitchenAid mixer or Vitamix blender, the decadent gluten-free cake or lavish bakery cookies.

At *Gluten-Free Living* we hope that you get the most important things on your list.

We know you want to be able to enjoy your holiday meals along with everyone else, with plenty to choose from. We know you don't want to have to go on the defensive about your diet or go home hungry.

So we've included tips and recipes to make your meals pleasant and delicious. You'll find advice for coping with the diet at the Thanksgiving, Christmas and Hanukkah tables, and more importantly, all year round. And if you're thinking of eating healthy during the season we have tips on how to indulge without the bulge. (See stories page 18 and 12.)

We also include a quick guide to the typical holiday meal, with notes on what's likely to be gluten free and what's not. And if you want a few holiday shortcuts, don't miss our story on ready-made stuffing and the tips in our Savings column. (See stories page 16, 14 and 80.)

You'll find more recipes in our expanded holiday Gluten-Free Table section (See page 27). This includes four full menus to cover a classic make-ahead dinner, a holiday buffet, a Hanukkah brunch and a more casual meal to make entertaining easier when visitors stop over during the season. We also have recipes that will get you through breakfast, lunch and dinner when family or friends come to stay for a few days. You'll be out of the kitchen quickly and can actually enjoy their company. (See story page 50.)

I may not make a lot of cookies during the rest of the year, but during the holidays you'll find me baking all kinds in the tradition my mother established when I was growing up. I still remember the beautiful 10-inch, cut-out angel cookie she made just for me. It was too pretty to eat, but when I tried to save it in the refrigerator, my younger brother found it and took a bite.

I've never quite achieved that level of cookie accomplishment. But after my daughter was diagnosed with celiac disease, I made two batches of many recipes; one gluten free, one not. In recent years I've gone totally gluten free, and no one has noticed the change. Recipes have gotten better and better, and some products, such as flour and baking mixes, make the job a little easier.

If you are getting out your baking sheets, parchment paper, cooling racks and decorative sugars this holiday season, try some of the cookies in Beyond GF. Each is both gluten free and free of another allergen. (See story page 58.)

Even with all the recipes and advice, the holidays can be a tough time to be gluten free. Not every family is as accepting of the diet as we'd like, and there are office parties, cookie exchanges and classroom activities high on celebration but low on consideration for the gluten-free co-worker, neighbor or student. As our coping story points out, you are in control of how you handle the diet in any situation.

Our wish for you is a happy, healthy gluten-free holiday. We hope this issue helps make it come true.



AMY RATNER
EDITOR



EDITOR'S NOTE: In our recipe story "Sweet Deception" in the September/October issue, the Almond-Orange Cake was described as being dairy free in addition to gluten free. This is only true if you use soy yogurt, a note that was omitted. You'll find the corrected recipe on our website.

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Mix it up

NEWS, TIPS, REVIEWS, ADVICE AND MORE



SANDALS RESORT



All-inclusive resorts include gluten-free guests

For gluten-free travelers, a vacation that doesn't require extensive research to find accommodating restaurants at their destination may sound like a dream. But a growing number of all-inclusive resorts are making it a reality by catering to gluten-free guests.

At all-inclusive resorts, visitors pay one price for unlimited food, drinks and activities, without having to set foot outside the retreat.

The most familiar names among these resorts are family-friendly Beaches, with locations in Jamaica and Turks & Caicos, and couples-only Sandals in St. Lucia, Antigua and four other Caribbean islands. Each resort has more than half-a-dozen themed restaurants, which offer meals ranging from Southwestern tapas to pan-Asian cuisine.

Paul Bauer, group manager for food and beverage standards at Sandals Resorts International, the parent company of Beaches and Sandals, says virtually any dish can be made gluten free, including breads, pizzas, pastas and desserts. He notes that the menus at each resort's restaurant have icons indicating which items are gluten free, and service staff members are trained to ask guests if they have any food allergies or special dietary requirements before taking orders.

Beyond that, Beaches and Sandals resorts offer culinary concierges, with whom guests may meet in a private, one-to-one consultation to discuss any food allergies or dietary concerns.

"They can peruse all restaurant menus and choose specific dishes to make allergen free as well as make special arrangements for the next day or entire length of stay," Bauer says. "Those needs and preferences are communicated to managers and sous chefs directly to ensure that no information is missed." He also points out that separate preparation areas and utensils are used to prevent cross-contact with gluten-containing ingredients.

With notice in advance of a guest's stay, the resorts can also order specific items such as gluten-free beer, which is not readily available in the Caribbean.

Mexico's all-inclusive Grand Velas Resorts also offer menus with gluten-free options. Seven restaurants at Grand Velas Riviera Maya serve gluten-free dishes, each marked on the restaurants' regular menus, while all gourmet restaurants at Grand Velas Riviera Nayarit have gluten-free icons that guests can identify while dining.

Both resorts have several AAA Four Diamond-rated restaurants on site. For guests who choose to order room service, the resorts' chefs can make the necessary accommodations for gluten-free diets.

At Grand Velas Riviera Maya gluten-free pancakes, waffles, muffins, cereal and bread loaves are offered, says Executive Chef Eric de Maeyer. Food stations throughout the resort have gluten-free hamburger buns, pizza crusts and French fries available daily, and the food service staff uses dedicated cookware and utensils to prepare gluten-free foods in a separate processing area, he says.

After a guest who is checking in advises the front desk of a gluten-free need, the information is entered into Grand Velas' computer system. When that guest provides his or her room number to the restaurant the staff is automatically notified of the requirement, according to de Maeyer.

Guests staying at one of Wyndham Viva's seven all-inclusive resorts in the Dominican Republic, Mexico and the Bahamas can contact a guest service representative two weeks before arrival to request gluten-free options. The representative will notify the resort's specialty restaurants of the dietary requirement and advise the chef at the main buffet restaurant so that gluten-free choices are on hand.

—Michael Savett

Videos you'll want your kids to watch

You know the feeling: You just found out your child has celiac disease, and as soon as you hang up the phone with your doctor or leave the office, questions start swirling through your mind.

Will she be safe at school? Will we ever again eat at a restaurant as a family? Will he be teased or feel left out of things like camp and parties and trips? And how can I best explain this to my well-meaning—but admittedly clueless—extended family?

They're the questions that Alan Leichtner, M.D., director of the Celiac Disease Program and vice chair of the department of medicine at Boston Children's Hospital, hears over and over. So Leichtner and a team of parents, patients, faculty and staff produced short videos addressing the most common patient concerns.

"We wanted to create a resource that would help families learn about this chronic illness and learn to cope with the gluten-free diet," says Leichtner. "Our goals are to demystify celiac disease and bring families and professionals together in a community to support children with celiac disease; we want to help parents realize that their kids will adjust and will learn how to deal with peer pressures that make it challenging to follow a gluten-free diet."

Video topics range from creating a gluten-free kitchen to working with your child's school to preparing to eat at restaurants and more. They are alternately told from the perspectives of parents, young children, teens, Leichtner, a nutritionist and a social worker. The 12-video series is available for free on the hospital's Celiac Disease Program site.

Leichtner's team also created companion materials, including a comic book for younger children and a DVD for teens heading off to college, which includes a section intended to educate campus dining hall staffers.

Additionally Leichtner is spearheading a project in which teen patients are creating video chronicles of their day-to-day gluten-free life. The videos will be edited and disseminated to teen patients via a new website. "Teens would much rather listen to another teen who's learned how to adapt to a gluten-free diet than listen to me, sitting in my white coat lecturing them," Leichtner knowingly concedes.

Robin McLafferty, executive director of the hospital's celiac disease support group and the parent of a teenager with celiac disease, helped create the videos. But she benefited in unexpected ways as a viewer.

"At the time the videos were created, I was comfortable with being gluten-free in my own home, but I worried when my daughter was on her own at school and when we ate in restaurants. So it was interesting to see how other families handled [those challenges]," she says.

She is especially grateful for videos that helped her family navigate milestones such as going away from home for extended periods. "It was seeing the video about camp that ultimately gave me the peace of mind I needed to send my child; my daughter wound up loving camp and went back for many years," McLafferty says.

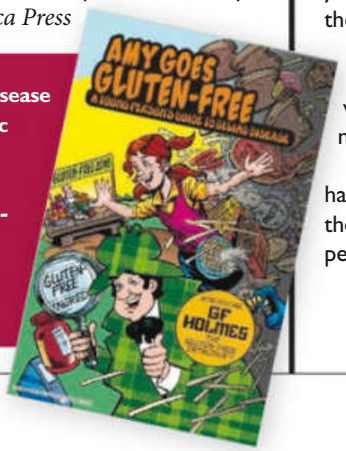
Leichtner remains passionate about offering educational tools to children and families. His team will be updating the video segment on food shopping and in the future he hopes to oversee the creation of new online teaching tools.

"As much as I value face-to-face contact between parents and families and kids with celiac disease, learning is increasingly occurring online," he says. And since you can't keep your doctor in your pocket 24/7, it's reassuring to know that trusted information is just a click away.

—Jessica Press

You can check out Boston Children's Hospital's Celiac Disease Program's materials at bostonchildrenshospital.org/celiac (click on "Videos" along the left-hand side of the page).

***Amy Goes Gluten-Free*, a spirited comic book for younger children, is available on Amazon for $4. *Gluten-Free at College*, the two-part DVD, is also at Amazon, for $29.95. Proceeds support the development of new family education materials.**







DRIVE-THRU GF FOOD

Amy's Kitchen, known for its array of frozen meals that include many gluten-free products, recently opened Amy's Drive Thru restaurant.

Located in Rohnert Park, California, right off the state's famous Highway 101, it's the company's first foray into fast-food dining.

The drive-thru reflects the California company's focus on vegetarian dishes made with organic ingredients and on increasing the number of gluten-free and dairy-free products.

Every item on the regular menu is available gluten free, and everything is vegetarian. Additionally 95 percent of the ingredients are organic, and all of the food and the packaging it's in are non-GMO (genetically modified organisms). Vegan choices, some of which are naturally gluten free, are also available.

Menu options include veggie burgers, three types of cheese pizza, mac & cheese, salads, burritos, fries and shakes. But the drive-thru does not have a separate gluten-free menu, so customers will need to ask for a gluten-free meal when ordering.

To avoid cross-contamination by gluten-containing items, Amy's stores and cooks gluten-free items separately. Separate utensils and mixing areas are used, and color coding on packages identifies gluten-free and vegan items.

The restaurant features a living roof, with native plants watered with rain collected in an on-site tower.

Its tables are made from reused auto brake drums, and other materials are also upcycled.

The company says its move into the fast food industry is a direct response to customer requests.

"People have been asking us to do this for years—to create a place where they can go when they're too busy to cook but want something good for themselves or their family," explains Rachel Berliner, who founded Amy's Kitchen with her husband, Andy, in the late 1980s. They named the company after their daughter.

Fans of Amy's may be wondering if the company has plans to open more drive-thru locations, but they will have to wait. The company is focusing on perfecting the restaurant before expanding.

—Susan Cohen

Become a PARTY SMARTY

GET INVOLVED TO MAKE SURE YOUR CHILD ENJOYS SCHOOL HOLIDAY CELEBRATIONS

By Amy Leger



With the late fall and winter upon us, schools are getting into the holiday mood. Many children will create handprint turkeys, ornaments or poems to bring home to their families.

But it is also party time. School-sponsored carnivals, in-class parties and dances keep parents and gluten-free students on their toes. We're still navigating the holiday celebration scene even though my gluten-free daughter, Emma, is a junior in high school.

Here are some ideas for tackling gluten at a winter party while maintaining the holiday spirit.



Andrew Hirschfeld with his gf gingerbread house

THE CLASS PARTY

Whether it is a pre-Thanksgiving party, a winter-themed party, or, depending on the school your child attends, a Christmas or Hanukkah party, in-class celebrations are yet another aspect of our children's gluten-free diet that needs attention.

Where do you begin with so many things to consider? Crafts and games can involve food and, of course, there is often a party treat shared among students. As with almost everything related to the gluten-free diet, it can be helpful to plan early.

During Emma's open houses, most teachers asked parents to sign up to donate food or drinks for the holiday party. If you haven't already done so, put your name on the list at your school, as I always do, so you can supply at least one treat that you know your child can eat.

You can also ask for contact information for the room parent or party planning representative. You might find they are willing to seek out contributions that are gluten free.

Jaime Hirschfeld of Gaithersburg, Maryland, has a 6-year-old son, Andrew, with celiac disease. She agrees the earlier you know about the party, the better. "Open house information helps me think ahead about how to address these [parties]," she says. "In preschool I would get an email at 9 p.m. that something is happening tomorrow. That was inconvenient. Thinking ahead is helpful."

If you didn't hear about a holiday party early in the school year, feel free to ask the teacher about it, even if the party may still be several weeks away.

Crafts and games can also involve candy, cookies, cereal or crackers. Ask the organizers, the teacher or parent coordinators about crafts and games that will include food.

Hirschfeld admits she was a bit worried when the plan for her son's kindergarten winter party was announced. "The kindergarten tradition is to have a gingerbread house party. It is a parent-involved activity. They build a gingerbread house out of graham crackers, frosting [and candy] around a milk carton," Hirschfeld says.

The teacher ended up buying gluten-free graham crackers for all of the students in class, which came as a surprise to Hirschfeld. "I thought only Andrew would get the gluten-free crackers, and I was worried about cross contamination," Hirschfeld explains. "Ultimately everybody made a gluten-free gingerbread house."

Unfortunately not everyone will have this kind of experience. Offering to bring a gluten-free version of the gluten-containing product is a reasonable solution to keep the craft safe for your child. Amanda Campbell, a Kansas City, Missouri, mother of two gluten-free boys, brought gluten-free sugar cookies to a decorating station for one of her son's school parties.

School-sponsored carnivals, in-class parties and dances keep parents and gluten-free students on their toes.

Since cross-contamination of decorations can easily occur in the classroom, ask the teacher or whoever is in charge if your child can go first while gluten-free options are still safe. Or ask if a small portion can be kept in a separate container for your child to use when it's his or her turn.

Hirschfeld says getting involved in your child's school can be a good thing. "I went out of my comfort zone, and I was a room parent so I could oversee the [food activities]. I coordinated all the snacks last year so they were [gluten free]," she says.

A 504 Plan can also be helpful for parents in school party planning. Part of the Rehabilitation Act of 1973, the plan is intended to eliminate barriers that would prevent a student from full participation in programs or services which are available to the general school population. While celiac disease is not specifically mentioned as a disability that requires a 504 Plan, many students do have one. In that document, parents can stipulate that a teacher contact them in advance of a party so they can plan accordingly.

OUTSIDE OF THE CLASSROOM

Campbell recently began home schooling her boys, 11-year-old Evan, who has gluten sensitivity, and 7-year-old Isaac, who has celiac disease. The move is making gluten-free eating and holiday parties a lot easier.

"There are a lot of kids in the home schooling crowd who have food allergies…I have found this community to be more accepting [of gluten free] than public school," Campbell says.

She is helping with the holiday party this year for a group of children who are home schooled and decided to do it a little differently. "We are planning the party…without food," Campbell says. "We are keeping it minimal. We'll do a cake walk with prizes, not cake."

A pie-throwing contest is messier, but it's easy to make it a gluten-free game for a winter carnival. Keep it gluten free and inexpensive by filling a light-weight disposable aluminum pie tin with whipping cream. No pie crust needed. All prizes can be non-food related.

JANA GUOTHOVA/SHUTTERSTOCK.COM

Just make sure the kids are comfortable with this activity, gluten free or not.

As children get older, parties are often replaced by school dances.

Emma has a school dance shortly after the New Year. Food usually isn't available during the dance, but the kids often make plans to eat out together. If Emma had her way, her group would get all dressed up and go to Chipotle before the dance.

Your child should check ahead of time about gluten-free options at any restaurant his or her group chooses. This will make it easier when the server is faced with a large group or many groups and may be pressed for time.

Alternatively parents often host pre-dance dinners. You can volunteer to do this, and you'll be able to make sure the food is safe. Or drop off a gluten-free dish for everyone to share at the home where the dinner is being hosted so you know your child will have something to eat.



Also encourage your son or daughter to slip a gluten-free energy bar into a pocket or purse to stave off later hunger pangs. You could also invite the group back to your house for a post-party sundae bar.

You do have to tread lightly here because the age of school dances is also the age where children don't want a lot of obvious parental involvement. Talk to your son or daughter to see how he or she feels.

Holiday-themed movie nights at school can be a little easier. Many popcorn and candy options are already gluten free, though your child should check the label of any unfamiliar brand to be sure.

With all of the busyness surrounding the holidays—cooking big meals, buying gifts, going to gatherings and coordinating family visits—managing the school party may be the last thing you want to do. But with good communication and a willingness to help with gluten-free solutions, your involvement can make things much easier for your child. **GF**

PARTY TREATS

- **GRINCH KABOBS**
 raininghotcoupons.com/grinch-kabobs-recipe
- **TURKEY THANKSGIVING SNACK BAGS**
 thatswhatchesaid.net/2013/turkey-thanksgiving-snack-bags.
 NOTE: Make sure to use Pepperidge Farms Gluten-Free Goldfish Puffs, not regular Goldfish crackers, which contain gluten.
- **STRING CHEESE SNOWMEN**
 nobiggie.net/string-cheese-snowmen



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Eat smart this holiday season



How to indulge without the bulge

BY MEREDITH QUINN

The holidays mean family, friends and, of course, food—lots of it and lots that's not very healthy. From gluten-free stuffing to buttery buns, gathering around the table brings with it comfort foods that often put tradition before nutrition.

Though you may not have the same variety of menu choices as your gluten-consuming dining companions when eating at someone else's home, it's still easy to overdo it during the holidays. And when you're celebrating at a table that's completely or largely gluten free, you face the same temptation to have just one more bite.

From oversized portions to multiple trips to the buffet, alcohol overindulgence to sweets overload, you should be aware of what you put on your plate, keeping in mind that gluten-free specialty items can pack in more calories and fat.

Something to chew on

It takes about 20 minutes to digest food, so eating slowly and taking breaks will let enough time pass before you jump up for unneeded seconds. Here are some tips to slow things down and let your brain catch up to your belly.

- Eat with your opposite hand.
- Engage in conversation with the people around you.
- Note who the slow eaters are at your table and keep pace with them.
- Put your fork down or sip your beverage for a pause between each bite.
- Don't even consider getting up for another helping until at least two other guests have done so.

Your plate is where the entire portion-control battle begins. For starters choose your dish wisely, says Lorraine Bandelli, Ph.D., a New Jersey-based behavioral nutritionist. "Sometimes hosts put out gigantic dinner plates, so if there are different sizes, choose the smaller one," she advises.

Though the options may be limited, those who follow a gluten-free diet can take advantage of the fact that naturally gluten-free vegetables and meats on the holiday table can be nutritious and have fewer calories. And these items should take up the majority of your dish.

"Divide your plate," says Bandelli. "Half should be vegetables, a quarter some type of protein—meat, beans, eggs, cheese—and then a quarter of the plate carbs—potatoes, sweet potatoes, rice."

This format follows MyPlate, the latest nutrition guide from the United States Department of Agriculture (USDA). Replac-

SHOTS STUDIO/SHUTTERSTOCK.COM

Avoid mindless eating with these 7 quick tips:

1. **Skip the appetizers.** If you do partake in some hors d'oeuvres, go straight for the veggie plate and dole out two or three pieces at a time for a controlled portion size. This can be easy to do when you're gluten free and most of the appetizers are not.

2. Pay attention to the size of the **serving utensils**—particularly if you are hosting the meal. The smaller the serving utensil, the less food you'll take. Large spoons and scoops lead to bigger portions.

3. **Pace yourself for party-hopping.** If your day is going to take you from one house to the next and your hosts have done a great job accommodating the gluten-free diet, don't fill up at your first stop. Commit to eating a little at the first stop and a little at the second or only dinner at the first and only gluten-free dessert at the second. Usually the bigger worry is not finding enough to eat at these kinds of parties, so this would be a nice problem to have.

4. Particularly at holiday parties, **alternate between an alcoholic beverage and water** to limit your calories while still engaging in the social act of having a drink in your hand.

5. This is not a test and, yes, there are starving children in the world, but do not force yourself to eat every morsel on your plate. **Eat until you are full. And then stop.**

6. If you're done eating but your plate still has food, **put your napkin over your dish** so that you can't see what's left and won't be tempted to continue picking.

7. If you're the kind of person who is always taking pictures with your cell phone camera, use it as a tool to help you avoid overeating. Before you dig in, **snap a photo of your plate** to remember what you ate and how much. If you're thinking of seconds, take a look at the photo and evaluate if you really want more and, if so, of what.

ing the long-used food pyramid, MyPlate breaks portions on a standard circular dish into 30 percent grains, 20 percent protein, 40 percent vegetables, 10 percent fruit and a small amount of dairy on the side. These visual cues, along with rules such as keeping a portion of meat to about the size of your palm, eliminate the need for measuring with scoops and scales.

If your holiday meal comes with all of the gluten-free fixings such as stuffing and gravy, you'll have to make some tough choices, but following this format will help you portion properly.

And if the meal isn't full of gluten-free items, it's important not to try to compensate by piling up on heavy, starchy items such as potatoes and sweet potatoes. Even gluten-free recipes for these side dishes can contain a lot of calories.

We all tend to loosen the rules a bit when it comes to healthy eating during the holidays, but don't overdo it. "Many sweet potato recipes actually call for a lot of butter and sugar," says Bandelli. Enjoy a small serving of the famous sweet potato mash covered with marshmallows when it's gluten free, but balance things out by going for baked potatoes and baked sweet potatoes at some meals. "The more natural-looking thing is going to be better," Bandelli explains.

The same rules apply when it comes to children. "It's never too early to teach portion control," says Bandelli, who has coached a number of people following a gluten-free diet through weight loss.

In fact the divided plate that most children like because it keeps their foods from touching makes the task much easier. Fill the largest section with vegetables and the two smaller ones with meat and other types of sides.

As for seconds, Bandelli says that getting up for more food is unnecessary. "You should only need one plate," she says, "and you should be very careful and picky about what you put on that plate." But if the urge is truly irresistible, or if your stomach is growling for more, she suggests limiting seconds to only vegetables.

Even where you sit while eating can make a difference. "Sit as far away from the food as possible," Bandelli recommends, pointing to statistics about eating habits. "Sometimes you don't have a choice, but the closer you sit to the food, the more you're going to eat. If it's all over the table, sit by the stuff that you don't like or can't eat."

You might also try for a seat at the end of the table to avoid requests to pass dishes back and forth, making for a more peaceful meal and also for less temptation as your favorite side goes through your hands multiple times.

Simple tips such as these can help deter what has been dubbed "mindless eating," or overeating without realizing it, which can be a problem even when you are gluten free. While the term often applies to everyday portion control tips, such as not taking the entire bag of chips to the couch but pouring yourself a small bowl and bringing that to the TV instead, many of the strategies can be applied to holiday meals and parties as well.

For example holiday drinking can add calories faster than you realize. Gluten-free beer and cider rarely come in light varieties. But wine is also gluten free, and there are tricks for cutting the number of calories in a glass. Bandelli recommends making a spritzer out of your drink by combining equal portions of wine and sparkling water.

If you can get your portions under control during the holiday season, you'll be much better prepared for the New Year, when all attention turns to weight-loss resolutions. **GF**

Meredith Quinn is a contributing editor at Gluten-Free Living *and is making an early New Year's resolution to apply these tips to her own holiday festivities this year.*

Policing portions

A new study from the University of Cambridge provides strong evidence that larger portions directly correlate to higher consumption of food and beverages.

The results showed that if smaller portions are offered, average daily energy from food would be reduced up to 29 percent among U.S. adults, regardless of gender, body mass index, hunger habits or attention to eating behavior.

Researchers looked at data in 61 studies involving a total of more than 6,000 participants to investigate the influence of portion, package and tableware size on food consumption.

"It may seem obvious that the larger the portion size, the more people eat, but until this systematic review, the evidence for this effect has been fragmented, so the overall picture has been unclear," says Gareth Hollands, Ph.D., who co-led the study. "There has also been a tendency to portray personal characteristics like being overweight or a lack of self-control as the main reason people overeat. In fact, the situation is far more complex."

The study, which was published in the Cochrane Database of Systematic Reviews, highlights the important role of environmental influences on food consumption, he says.

The right stuff(ing)

A ROUNDUP OF THE BEST GF PACKAGED VERSIONS OF THE HOLIDAY STAPLE

By Jennifer Harris



Gluten-free stuffing from Hilary's Eat Well

Whether you call it stuffing or dressing, Thanksgiving just isn't the same without this savory side dish. Fortunately you don't have to give up this holiday favorite if you are gluten free. It's easy to convert most family recipes by simply using gluten-free bread or cornbread. All the other ingredients typically used are naturally gluten free.

But if you are looking for convenience, pick up one of the many easy gluten-free products now available on store shelves and online during the holiday season. Choose from stuffing mixes that are either instant or require baking, pre-made stuffing, ready-to-bake stuffing and cornbread-based mixes.

Aleia's makes both plain and savory stuffing mixes with non-GMO (non-genetically modified organisms) ingredients that are seasoned with a balanced blend of herbs and spices. The mixes are certified gluten free by the Gluten Free Certification Organization (GFCO).
➥**aleias.com/shop-gluten-free-stuffing**

Glutino Foods' stuffing mix is cornbread-based and requires some chopping, measuring and sautéing before being transferred to the oven for baking. It is GFCO certified.
➥**glutino.com/products/breads/cornbread-stuffing**

Gillian's Foods offers home-style stuffing mix that's made on the stovetop and is ready in just minutes. Combine the seasoned stuffing cubes with boiling water and let sit, covered, for five minutes until all water has evaporated. The mix is certified by the Celiac Sprue Association.
➥**gilliansfoodsglutenfree.com/products/product_info.php?products_id=65**

Hilary's Eat Well's ready-to-bake holiday stuffing is a blend of organic millet, greens and hemp seeds combined with celery, apple, parsley, sage, rosemary and thyme. The stuffing comes in a foil pan you simply pop into the oven for 20 minutes. The stuffing, sold at Whole Foods, is also free of dairy, soy, yeast, eggs, corn and nuts and is GFCO certified.
➥**hilaryseatwell.com/products/holiday-stuffing**

Ian's Natural Foods' savory home-style stuffing mix is made with non-GMO ingredients. The stuffing bread cubes are coated with a blend of parsley, sage, rosemary and thyme. You simply sauté onions and celery, add broth, and bake it in the oven.
➥**iansnaturalfoods.com/products/non-gmo-stuffing-savory**

Mrs. Crimble's sage and onion stuffing mix is made from a combination of rice and chickpea flours, onion pieces, salt, sage and parsley. Add water and oil and form into stuffing balls for baking. The stuffing is available online on the company's website.
➥**mrscrimbles.com/products/home-bake-mixes**

Natural Decadence's herb stuffing mix is made from white rice, tapioca and sorghum flour combined to form stuffing cubes seasoned with organic rosemary, sage, thyme, onion, black pepper, marjoram, celery seeds and cayenne. Add sautéed vegetables and broth, combine and bake. The stuffing is non-GMO, vegan and is also free of egg, dairy, nuts, corn and soy. It is sold at Whole Foods and specialty retailers in California, Oregon, Nevada, Arizona, Washington and Hawaii, and on the company's website.
➥**naturaldecadence.com/home/herb-gluten-free-stuffing**

Olivia's Croutons' seasonally available gluten-free stuffing features rosemary and sage stuffing cubes made from whole-grain sorghum and millet. Combine sautéed onions and celery with broth and the cubes and then bake. The company makes its gluten-free products, including croutons, in a dedicated facility in Middlebury, Vermont. They are available at retail outlets in nearly 20 states, including Hannafords in the Northeast and on the company's website.
➥**oliviascroutons.com/shop**

The Fresh Market offers seasoned stuffing mix under its private-label line. Add sautéed vegetables and stock to stuffing cubes made from millet, sorghum, brown and white rice flours, combine and bake. It's available seasonally at locations nationwide.
➥**thefreshmarket.com**

Trader Joe's mix contains stuffing cubes made from rice and potato flour and a packet of seasonings with dehydrated celery, mushrooms, onions, sage, oregano, parsley, garlic and turmeric. Simmer the seasonings in broth and butter, fold in the breadcrumbs, and heat on the stovetop or bake in the oven. The stuffing mix comes in one of the largest boxes on the market, and it makes enough for a crowd. It's available at stores nationwide.
➥**traderjoes.com**

Three Bakers' seasoned, whole-grain stuffing mix can be prepared on the stove top or in the oven after combining the bread cubes with boiling water. The mix, which is GFCO certified, contains dehydrated onions and celery seeds, but you can add freshly sautéed vegetables to make it company worthy. It's available at Sprouts markets and online at the glutenfreemall.com.
➥**threebakers.com/product/stuffing-mix**

Whole Foods' Gluten Free Bakehouse offers both stuffing cubes for baking and 10-minute stuffing mix that can be prepared on the stove top. The stuffing is made in a dedicated facility and tested in-house.
➥**wholefoodsmarket.com/gluten-free/ingredients-nutrition GF**

What's in a name?

You've probably heard both stuffing and dressing used to describe the traditional holiday dish made with cubes of bread, savory seasonings and lots of add-ins, depending on the family recipe.

But what's the difference between the two?

Stuffing is generally cooked inside the turkey, while dressing is cooked separately in a pan. Aside from that, they're pretty similar.

For those on the gluten-free diet, stuffing made with gluten-containing bread presents bigger problems because it contaminates the turkey into which it has been stuffed. It's not considered safe to eat turkey from a stuffed bird unless the stuffing is gluten free.

So if your family plans to use gluten-containing bread or other ingredients, dressing is a better alternative because it will be cooked separately from the bird. Bring a dish of gluten-free dressing, even if you call it stuffing, to add to the holiday table.

Plain turkey is naturally gluten free—just make sure it's not basted with gluten-containing sauce.

Gluten is not the only source of concern when a turkey is stuffed. Food safety can also be an issue if the stuffed turkey is not cooked long enough. Stuffing needs to reach 165 degrees to prevent the development of bacteria. A turkey that is cooked long enough to properly cook the stuffing often results in dry meat.

Jennifer Harris is a gluten-free consultant and blogs at gfgotoguide.com.



MASHED POTATOES are usually GF Make sure the recipe does not include wheat flour.

GREEN BEANS tossed with olive oil and almonds are GF. Traditional green bean casserole is not.

CRANBERRY SAUCE is traditional, tart and usually GF.

BRENT HOFACKER/SHUTTERSTOCK.COM



GAME PLAN

Navigating a Thanksgiving spread can be a challenge, especially if you're new to the gluten-free diet. Here's a handy playbook you can use to safely load up your holiday plate. For more details on which traditional foods are safe or off-limits on the diet go to the "Gluten-Free Foods" section of glutenfreeliving.com and click "Diet."



THINK POSITIVE ON THE GF DIET

Your mind matters when adjusting to the new eating plan

BY AMY JONES

Do you remember the moment you first heard the words, "You have celiac disease?" Maybe it was a relief—the years of unexplained symptoms and feeling miserable finally had a name.

Maybe it was a shock and felt like someone dropped a load of bricks on you. Or maybe you greeted the news with denial and the certainty the diagnosis couldn't possibly be right.

If it was your child who was diagnosed, you might have had a whole different set of feelings, including guilt, worry and grief.

A diagnosis of a chronic illness such as celiac disease or gluten sensitivity stirs up many emotions that are likely to change and evolve over time. Giving yourself permission to experience whatever feelings you have, positive or negative, is important in learning to cope with the challenges that the gluten-free diet presents daily.

The most significant effects are likely to be on social interactions with friends, relatives or co-workers whenever food is involved. A 2012 study by Anne Lee, Ed.D., a registered dietitian and director of nutritional services for Schär USA, found that 46 percent of respondents felt that the gluten-free diet limited their social lives, 55 percent found the gluten-free diet to be embarrassing, and 33 percent reported that their family and friends did not understand their need to follow the diet.

These difficulties affect more than just emotional well-being; they may even affect your ability to stay on the diet. A study from the Canadian Celiac Association found that nearly 19 percent of respondents reported intentionally consuming gluten once or twice during the past year. Of that group, 13 percent reported eating foods with gluten at least once a month.

The health effects of cheating on the gluten-free diet if you have celiac disease are clear, so why would someone intentionally eat something they know is harmful to them? The answer may lie in how we cope with celiac disease and the gluten-free diet.

COMMON EXPERIENCES

Research shows that those on the gluten-free diet have many common emotional experiences. The diet can cause a feeling of isolation or exclusion such as not being able to eat at certain restaurants, at family gatherings or at work.

The fear of being "glutened," or coming into unintentional contact with gluten, can also contribute to this isolation. Reviewing your diet restrictions every time with restaurant staff and worrying about whether or not the meal is safe can be exhausting. Before the gluten-free diet, it may have been a pleasure to be invited out for dinner or to a lunch with co-workers. Now it's likely a source of worry.

Depending on your personality, you may be uncomfortable or embarrassed by the extra attention or visibility the gluten-free diet creates. One study showed that men purposefully ate gluten-containing food instead of telling their co-workers about their gluten-free diet. This embarrassment can be particularly strong for teenagers, who may feel ostracized by their peers because of the diet.

Conversely some may find that the gluten-free diet causes them to be neglected or forgotten by family, friends and co-workers. Family may not be helpful in providing safe foods. Co-workers may choose restaurants without considering if there is a gluten-free menu.

Everyone with celiac disease or gluten sensitivity feels this way at one time or another. What's important is how you deal with these feelings. Finding people who are experiencing the same loss as you can be helpful. However it's important to try to avoid those who are "stuck" in this grief.

DIAGNOSIS AND DENIAL

Denial is an important emotion with any diagnosis, and it may be immediate or develop over the long term.

Danna Korn, author of *Living Gluten Free for Dummies, 2nd Edition* and founder of the support group Raising Our Celiac Kids (R.O.C.K), says those who haven't been properly tested for celiac disease experience the strongest denial.

"Denial can be a justification for some people to think, 'I can just eat a little bit,'" she says. "If they

Keep the Ho-Ho-Ho in your GF holiday

The holidays can be a stressful time for anyone, but tensions can be especially high when you're dealing with the restrictions of the gluten-free diet.

For some families the holidays are the only time everyone gets together. If this is your first one gluten free, you may be seeing family for the first time since diagnosis. Most will likely ask questions and be interested in helping you eat safely, but others may totally avoid the subject or, even worse, not take your needs seriously.

Those who say "just try a little bite" or who otherwise encourage cheating probably don't realize they are being insensitive. A "no thank you" or "I'd rather not take the risk" can go a long way to diffuse these situations.

Holidays are steeped in family traditions and recipes. If you do get a negative reaction from a family member, it likely has more to do with them than it has to do with you. Some people are resistant to change. Or it may be an expression of their own fear of developing celiac disease or perhaps denial about symptoms they are already experiencing.

With all the publicity surrounding the gluten-free fad, some family members, friends or co-workers may be primed to go on the offensive about your diet. The holidays can bring out the worst in some people. But you know the facts, so keep your explanation short, don't engage in battle and enjoy whatever food you determine is safe for you. And though it's been repeated so many times you may be tempted to tune out, it's always a good idea to bring a gluten-free dish to any holiday gathering that involves food.

Other coping strategies include talking to your host ahead of time, eating before you leave your own home if possible if you doubt there will be enough for you to eat and carrying a portable backup, for example an energy bar, just in case.

One positive consequence of all the talk about gluten free is that you might be pleasantly surprised to find more safe options than in previous years. Many mainstream products are now gluten free, and accommodating gluten-free guests is easier than ever for those who are not familiar with the diet.

For example gluten-free brownie, cookie, muffin and stuffing mixes are readily available on supermarket shelves. (See stuffing story, page 14.) Many take no more work than gluten-containing products, and it's no longer necessary to buy numerous gluten-free ingredients.

A pre-event conversation with your host gives you an opportunity to point these out and to talk about cross-contamination issues.

Another bit of advice that might sound worn out but remains true is to shift the focus from food as much as possible, and spend your holidays enjoying time spent with those who are special in your life.

Go ice skating. Take a drive to see the holiday lights. Make a holiday craft. Sit in front of a warm fire on a cold night. Watch classic holiday movies. You get the picture.

— Amy Jones



GRMARC/SHUTTERSTOCK.COM

haven't been properly tested, it can be very difficult to see the importance of being totally gluten free."

But even if you or your child has a clear diagnosis, you can still be in denial. "I don't have diarrhea, so it can't be celiac disease. I'm overweight so I can't be having issues absorbing food," you might think.

Denial may reveal itself a few weeks or months into the diet as the reality sets in. Teenagers who have had celiac disease since they were young children may go through their own denial. "I don't want to be different from my friends, so I will eat gluten and deal with feeling bad later," they might reason.

Dealing with denial may be as simple as talking to someone else who is going through what you are or writing down the ways your life has improved on the gluten-free diet.

For teenagers Korn suggests parents be honest about how cheating will affect them. "If your teen plays sports, talk about how feeling sick or tired will affect the ability to play well in the next game," she says. "Even outwardly asymptomatic teens have some symptoms [such as] fatigue, depression or anxiety." However Korn suggests that if your teenager threatens to cheat on the gluten-free diet, it isn't helpful if the parents react too strongly. "The more you freak out, the more they will rebel," she explains.

CHANGING YOUR THINKING

Being diagnosed with celiac disease as an adult comes with its own set of challenges, but there are ways to cope. Debbie Chandler, of Bellefontaine, Ohio, was diagnosed 12 years ago. "When I was diagnosed, I said to myself that I've eaten all the gluten I've needed in my life," she says. "I've had pizza and pasta and enjoyed those. Now I can find new things to enjoy."

For Chandler socializing continues to be difficult at times, even after more than a decade, but she's figured ways to work around it. "Instead of having our friends try to accommodate my diet at their homes, we go out to eat [at safe restaurants] with them instead," she says.

Her family gatherings were affected almost immediately after her diagnosis. "The first few holidays were weird," she recalls. "The first Christmas after I was diagnosed, my family catered in Italian food!"

Chandler chose to deal with it in a positive way by preparing gluten-free versions of items on the menu for herself. (See story page 80 for additional tips for dealing with the holidays.)

Meanwhile the widespread availability of gluten-free foods in recent years has helped her feel less deprived. "There are more options, and they are more affordable every day. But I've also grown to like new tastes, like lettuce wraps instead of buns," she says.

Korn agrees. "It is so much easier today than it was 24 years ago when I started into this with my kids," she says.

Both focus on what they can have on the gluten-free diet instead of what they have given up, an attitude that's important in coping with celiac disease and gluten sensitivity.

Korn encourages those on the gluten-free diet to remain as positive as possible. "I don't even like the word 'cope,'" she says, "because 'coping' implies that being gluten-free is a 'bad' thing that you have to 'cope' with whereas I believe it's a great thing. The gluten-free diet can be the healthiest diet in the world."

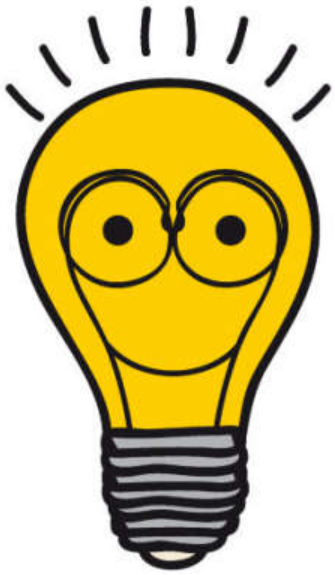
EDUCATE AND EMPOWER YOUR CHILD

When a child is diagnosed with celiac disease or gluten sensitivity, both he or she and the parents have to learn to accommodate changes the gluten-free diet requires.

Parents often struggle with guilt, fear and uncertainty about how the whole family will adjust. "A diagnosis of celiac disease in a child is often much harder on the parent than it is on the child," says Korn, whose son has celiac disease. While it can be hard to not let your child see that guilt and sadness, she cautions parents, "Remember your kids have ears. They hear your negativity."

Parents may even find themselves apologizing to teachers or other parents about accommodating their child's dietary needs, communicating to a child that the gluten-free diet is something they have to be sorry about. "Don't say, 'I'm sorry.' Say that we're going to get through this," Korn advises.

Even small children benefit from a proactive approach and



should be given as much control of their diet as possible from day one.

Read labels together, even when your children are small. Korn showed food labels to her son even before he could really read. "By the time he was in elementary school, he felt comfortable saying no to things he couldn't eat," she says "Educate your child. Empower your child."

Even adults diagnosed with celiac disease find it can affect the relationship with their parents. "No one knew quite what to do with me when I was diagnosed," Chandler says. "My parents felt terribly guilty."

She takes a hands-on approach now, helping her mother shop for food for family events and helping to prepare the meal. "I might even suggest disposable cookware just to make sure things are clean," Chandler says.

FIND SUPPORT

Your partnership with your medical team can also be important in the coping process.

Accurate information about celiac disease or gluten sensitivity and the gluten-free diet will empower you to move forward. Look for a doctor who encourages questions, and make sure you are prepared with a list when you go to appointments. A good physician will answer questions in a way that you can understand.

For accurate gluten-free diet information, find a dietitian experienced in counseling those with celiac disease. The Academy of Nutrition and Dietetics has an easy-to-use search engine for dietitians that can be found at eatright.org.

Today there's a wealth of information available online, but always seek out reliable sources, including *Gluten-Free Living*. You'll also find a list of reputable support groups, celiac disease centers and more on the magazine's website.

Your personality might dictate how helpful an abundance of information from online sources really is. For some, gathering lots of information feels empowering. But for others too much information can increase anxiety and lead to preoccupation with symptoms and issues that may never actually occur.

"At first I was online getting my information, and I was OK with it," Chandler says, but now she relies on her local support group and dietitian.

A support group, whether in your local community or online, can help you cope, too. Chandler's husband encouraged her to go to a support group meeting even though she was reluctant at first. "Now I'm so glad I go and can enjoy learning new things and not feeling alone," she says.

If you choose online support, keep in mind that Internet groups are not necessarily moderated by a physician or dietitian, and misinformation and fear can spread quickly. "Be as diligent as you possibly can in gathering information, but don't let it cause you to feel like you're living in a bubble," Korn says.

REBUILDING AND ACCEPTANCE

Since celiac disease and gluten sensitivity are chronic conditions with no cure, your acceptance of your diagnosis and the gluten-free diet are critical to long-term good health and emotional wellbeing.

How accepting you feel may not always be the same, and your attitude is likely to shift and change. But you will be more successful following the gluten-free diet if you control it instead of letting it control you, Korn advises.

Put another way, live with celiac disease or gluten sensitivity, not for it. **GF**

Amy Jones, R.D., is chair of the Dietitians in Gluten Intolerance Diseases practice group of the Academy of Nutrition and Dietetics. She leads a celiac disease support group in Bellefontaine, Ohio, and writes a recurring column for Gluten-Free Living. *She is also on the magazine's Dietetic Advisory Board.*



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For people with celiac disease, the gluten-free diet is many things: the only treatment available; a lifeline, not a health fad; and an opportunity for reinvention that leads to good health. It's part of every meal, every bite of food, every day.

Usually the diet makes celiac disease patients feel better, and for decades it has been considered a highly effective treatment. But maintaining it is not always easy.

The GF diet may not be foolproof

RESEARCHERS ARE LOOKING FOR ADDITIONAL WAYS TO TREAT THOSE WITH CELIAC DISEASE

By Van Waffle

Now researchers are discovering the diet isn't foolproof, and for a growing number of patients it may not be enough.

Some research indicates 70 percent of patients don't achieve the healing of the gut lining needed for recovery. This can even be true when blood tests used to monitor celiac disease are normal, one study showed.

Celiac disease experts have begun looking for alternative treatments, and drug companies around the world are now taking an interest in developing a pill or vaccine.

Physicians who treat those with celiac disease are trying to understand why some people don't heal on the diet. In some cases, patients knowingly cheat, but many don't and still face the common problem of accidental exposure. Many call this "getting glutened."



DESPITE BEST EFFORTS

Marilyn Geller, chief executive officer for the Celiac Disease Foundation (CDF) in Los Angeles, says it's a societal norm for people to eat some meals away from home.

But for those who have celiac disease it's nearly impossible to avoid some exposure to gluten when eating out. And that makes it hard to effectively treat the disease.

Karina Rabin, 37, of Foothill Ranch, California, says it took "a lot of trial and error" to get the gluten-free diet right. The details of going gluten free suggested to her by a nutritionist did not eliminate her pain and bloating, so Rabin started her own research in books, magazines and on the Internet.

She made her kitchen gluten free. Her husband began to follow the same diet at home to avoid cross-contamination. The couple checked restaurants for gluten-free menus before dining out.

"I learned that cooks needed to change their gloves and clean their knives before they made my food," Rabin says. "It was embarrassing to have to ask them do those things for me."

But even this wasn't enough.

"It was frustrating to eat a gluten-free meal at a restaurant but then go home and be in pain because the waiter forgot to tell me the sauce on the chicken had gluten," Rabin says.

Rabin isn't alone; an estimated 3 million Americans have celiac disease, though most continue to be undiagnosed. And many who do have a diagnosis are frustrated with ongoing symptoms and the lack of alternatives to the diet.

RISING MEDICAL CONCERN

The medical community has begun to catch on to the problem. Doctors have started gaining a more nuanced view of the disease and who it affects, says Daniel Leffler, M.D., director of clinical research at Beth Israel Deaconess Medical Center (BIDMC) in Boston.

"Decades ago the only people diagnosed with celiac disease were children with severe malabsorption," he explains. They often died. But after celiac disease was linked with gluten, the diet started saving lives. Patients weren't wasting away, and many recovered well. It seemed the problem was solved.

"I've looked after people with celiac disease for almost my entire medical career, more than 32 years," says Joseph Murray, M.D., founder of the celiac disease program at the Mayo Clinic in Rochester, Minnesota. "I didn't really appreciate that a third of those were [continuing to have] a lot of symptoms."

Doctors might not ask patients how the gluten-free diet is working, he notes. And if they do—if they have nothing else to offer except a quiz about the diet—patients might not want to admit they're having trouble following it.

The spectrum of celiac disease has grown much wider, with many more patients being diagnosed as adults, Leffler says. Blood tests used to monitor whether the diet is working by detecting celiac disease-related antibodies normalize within the first year or two of treatment for 90 percent of patients, but this has proven a weak measure of long-term success.

Increasingly, poor outcomes have caught experts' attention. Many patients fail to respond well on the gluten-free diet. Although in most cases it reduces the frequency and severity of their symptoms, follow-up tests often show unsatisfactory healing and medical complications. Research has begun showing that celiac disease is less well managed than previously believed.

A 2009 study of 381 patients at Mayo Clinic found that after two years on a gluten-free diet, the gut lining had only healed in 35 percent of participants, even though 82 percent showed improved symptoms.

Even blood tests may falsely suggest gut healing, according to a new study by Alvine Pharmaceuticals and the Mayo Clinic. Leffler says it found that 75 percent of the people with ongoing intestinal damage had normal tissue transglutaminase (tTG) antibody tests, the blood test most commonly used to detect celiac disease. Researchers said their data shows the diet is inadequate as a solo therapy for many patients.

"We know children heal much faster but adults slower," Murray says. This is partly due to biology and partly because a newly diagnosed adult patient may need to recover from decades of damage.

Leffler says about one-third of patients heal within two years, two-thirds within five years, and some after many years on a gluten-free diet. In the process of healing, follow-up biopsies may find damage that is not as obviously indicative of celiac disease as it was on diagnosis, suggesting gradual or incomplete recovery.

Of even more concern, the Mayo Clinic study found those with incomplete gut healing were slightly less likely to survive. Of 11 patients who died during the first 10 years of follow-up and received at least one biopsy before death, 10 had persistent intestinal damage. In those cases death usually resulted from related complications of refractory celiac disease, cancer and infection.

A 2013 Swedish study found that celiac disease patients with poor gut healing faced double the risk of lymphoma compared with those who healed.

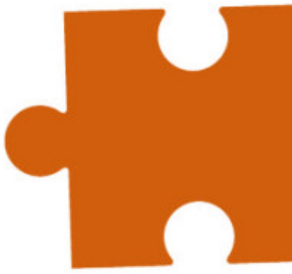
THE BURDEN OF TREATMENT

Experts are trying to find out why the diet sometimes doesn't work. In a 2013 study researchers at BIDMC surveyed patients about their perception of the disease and its treatment. The good news is that relative to people with other chronic conditions, those with celiac disease enjoyed excellent overall health. However they rated their burden of treatment as difficult as the burden for people with end-stage kidney disease.

Alice Bast, president and chief executive officer of the National Foundation for Celiac Awareness (NFCA), based in Ambler, Pennsylvania, gives three reasons why so many patients have poor recovery: "One, some people cheat on the gluten-free diet, mistakenly believing that a little bit won't hurt them.

"Two, some people are getting inadvertently glutened by consuming food or beverages that they do not realize contain gluten or in restaurant settings where gluten-free items come into contact with gluten-containing items, an occurrence referred to as cross-contact."

FOR THOSE WHO HAVE CELIAC DISEASE IT'S NEARLY IMPOSSIBLE TO AVOID SOME EXPOSURE TO GLUTEN WHEN EATING OUT. AND THAT MAKES IT HARD TO EFFECTIVELY TREAT THE DISEASE.



And then there are the people who are very compliant with the gluten-free diet who fail to achieve intestinal healing, she notes.

"From our interaction with the community, we believe that the vast majority are those in the second category—getting accidentally glutened while trying to maintain adherence to the gluten-free diet," Bast says.

Henry Grunzweig, 22, of San Francisco, a recent graduate from University of California, Berkeley, and the son of CDF's Geller, is in that group.

"I probably experience symptoms a couple of times a month," says Grunzweig, who was diagnosed with celiac disease during his freshman year in high school. "With work and life I simply cannot prepare all my own meals in a perfectly gluten-free environment, and now and then people will make mistakes with cross-contamination or label reading, even if it isn't on purpose."

Eating out presents big challenges for Grunzweig. He says he has been served food that was supposed to be gluten-free but wasn't. For example he recently had brunch at a restaurant noted as being good with the gluten-free diet, and although he told the waiter several times that he has celiac

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disease, a piece of bread was on his plate when it arrived. In other cases he has ordered from a gluten-free menu and felt sick after eating.

NUTRITIONAL CONCERNS

Accidental exposure isn't the only pitfall. Despite what those who are part of the gluten-free fad might think, the diet isn't inherently healthier. To address nutritional concerns, the University of Chicago Celiac Disease Center this year released a paper entitled *The Gluten-Free Diet in the 3rd Millennium: Rules, Risks and Opportunities*.

People are often drawn to the convenience of processed gluten-free foods, which may be less nutritious, the paper's author, Lori Welstead, R.D., explains. For college students, dorm food can be problematic. "In my practice those who are not healing often eat out, travel or rely on processed foods," she says.

Nutritionally celiac disease patients must take care to get enough iron, vitamin B12, folate and support for bone health, according to Welstead's review. Increased fats and sugars, often used to improve texture in processed gluten-free foods, may contribute to weight gain and heart disease.

"If you were someone who never gained weight, you may start gaining unintended weight" on a gluten-free diet, Welstead says. She recommends incorporating more fresh gluten-free foods—fruits, vegetables, dairy, fish, meat, poultry—and limiting processed foods.

"A natural, gluten-free diet is quite healthy and balanced," says Welstead, adding that this kind of approach to the diet should be enough to achieve better health when combined with adequate exercise.

"There is a subset of patients who are non-compliant on the diet, just as diabetics are not always compliant with their carbohydrate intake to manage blood sugars," she says, but points out that many people adopt a strict gluten-free diet by choice. "This represents an interesting gap and reinforces that many do not like to be forced into eating a certain way even if their health relies on it."

RESEARCH HAS BEGUN SHOWING THAT CELIAC DISEASE IS LESS WELL MANAGED THAN PREVIOUSLY BELIEVED.

Murray says some patients admit to cheating; they like "regular" food. He makes certain these patients are aware of the consequences but encourages them to continue coming to the clinic to track their health regardless of how closely they choose to follow the diet.

THE DRIVE FOR ALTERNATIVES

Increasingly patients are asking for alternatives that will improve their health and allow them the freedom to eat out without worry. A 2015 study from Milan, Italy, surveyed parents of children with celiac disease and found 60 percent want drug therapies, even though more than 90 percent of the children had accepted the gluten-free diet.

Meanwhile doctors wanting better outcomes for their patients have helped drive the quest for alternative therapies.

Experts warn that no safe, effective drug for celiac disease has yet been proven. In August the NFCA published a caution against any product that claims to promote better digestion of gluten. The U.S. Food and Drug Administration (FDA) has not approved any drugs designed to treat celiac disease.

However several drugs are under investigation, and they might prove to prevent damage to the gut lining. The clinical trial process requires several courses of study to test safety, effectiveness, dosage and practicality in human patients.

The enzyme ALV003, perhaps closest to approval, would help digest gluten in the gut before it reaches the immune system. Larazotide acetate, which can help close so-called tight junctions in the gut to prevent gluten from crossing to underlying tissues, is also under study. (See Study Sessions, page 74, for more information.) And BL-7010 makes gluten inert so it passes through the intestines harmlessly.

None of these drugs would allow patients to quit the gluten-free diet. The drugs would only reduce toxicity of small amounts of gluten consumed accidentally.

At least one will achieve FDA approval within two to four years, Leffler predicts.

While these few compete to be the first approved, researchers around the world continue to explore alternatives.

AN-PEP is an enzyme derived from black mold, Aspergillus niger, which appears to help digest gluten. In a recent study published in *Alimentary Pharmacology & Therapeutics*, researchers at Maastricht University Medical Center, the Netherlands, administered liquid meals via a catheter into stomachs of 12 healthy volunteers who had no history of gastro-intestinal disease and found AN-PEP significantly reduced the amount of gluten reaching the intestine.

While the catheter approach may seem unpleasant, it was necessary to control dilution and the rate of ingestion, says Bouke Salden, M.D., a member of the research team. It is expected that AN-PEP would ultimately be administered as a pill.

Despite these promising results, the data do not prove that AN-PEP allows subjects intolerant to gluten to ingest gluten safely. "Oral enzymes cannot replace a gluten-free diet, yet our observations suggest AN-PEP may be useful to help digest hidden gluten," Salden says.

A clinical study of AN-PEP in people sensitive to gluten has finished in Sweden and results are expected in early 2016, according to Salden.

Further research might lead to a vaccine that would cure or prevent celiac disease. Another candidate for FDA approval is Nexvax2. Designed to renew gluten tolerance, it might allow celiac disease patients to eat food containing gluten again. However it's proceeding more slowly through clinical trials.

COMMUNITY SUPPORT

Both clinicians and community advocates say support for drug development is strong among patients.

Bast says the NFCA earlier this year conducted a survey to see how people feel about a drug to treat celiac disease. More than 1,000 people responded, with 56 percent saying they were definitely interested, and 38 percent saying they were potentially interested in a treatment option other than the gluten-free diet, either as a supplement to or complete replacement of it.

"We also hear loud and clear from our social media channels that there is a strong and vocal

group that wants nothing to do with a drug intervention," Bast notes.

She points out that the pharmaceutical industry has brought better awareness of celiac disease, leading to more diagnoses. The research is expected to also shed light on other auto-immune diseases.

Meanwhile the CDF is engaging in a patient-powered research network, scheduled to go live in early 2016. Geller encourages people with celiac disease to participate, as it's designed to give input into future medical research.

"The idea is that if patients were educated in research, educated in their disease, that they would be able to serve on research teams as the patient advocate to help researchers decide what questions should be asked and what drug treatments should ultimately look like," Geller explains.

Rabin expresses cautious support; she would want to research any drug and possible side effects.

"It would be nice not having to worry about consuming some gluten when eating out, for example, but I don't mind being gluten free now and have learned how to live with it. I wouldn't want to take drugs and rely on that all the time," she says.

Grunzweig is more interested. "I've even volunteered to be a [clinical] trial subject. I don't want my children or anyone to have to deal with celiac disease, so I want vaccinations," he says. "I want to be able to take something to alleviate my pain and symptoms if I accidentally eat gluten, so I'm all for pills. Ideally I'd love to be able to eat gluten in the same way someone with lactose intolerance can eat lactose with Lactaid. Whatever works, I support."

NO CAUSE FOR ALARM

Patients eager for alternatives might not have to wait much longer.

But for those who have accepted a gluten-free diet and feel they're doing well, the evidence that outcomes aren't always as good as they seem shouldn't be a cause for alarm, Leffler notes.

"If they haven't had a set of [blood tests] recently, they should have one done. If [the results] aren't normal, they should figure out why," he says, advising patients to talk to their doctor about any ongoing symptoms.

Though studies have found blood tests are a poor indicator for intestinal recovery, he doesn't necessarily recommend follow-up biopsies for patients who are doing well. "We don't have any good treatment for persistent [intestinal damage] in patients who are following the gluten-free diet and not significantly symptomatic," he says.

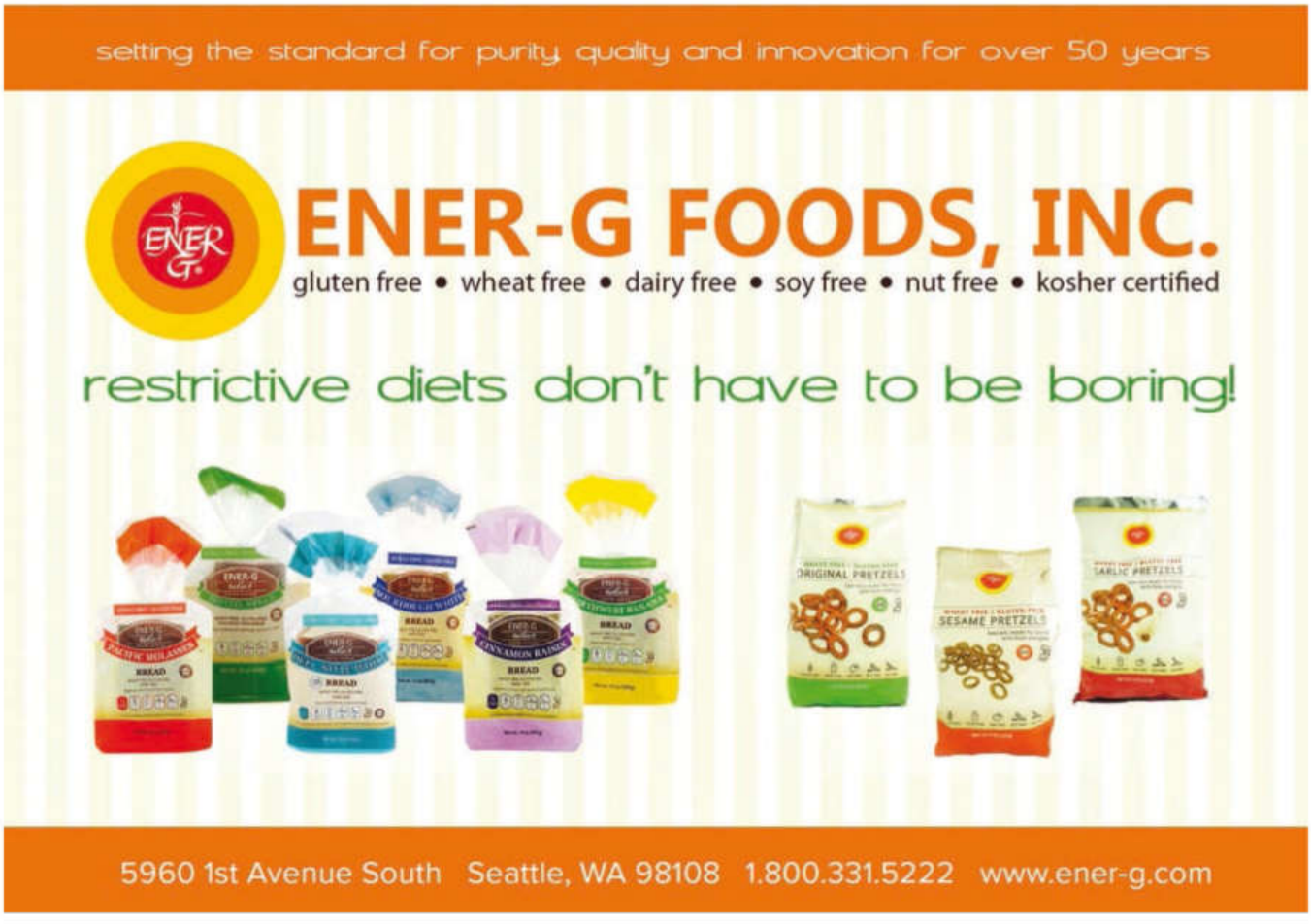
A biopsy provides more information, but experts don't know what to do with it. "If we had a better treatment, the calculation would be very different," Leffler says.

"We desperately need better tests [to track healing]," Murray remarks. "Something other than just doing a biopsy."

People with celiac disease also require occasional tests to identify possible nutrient deficiencies, Leffler adds.

The personal steps people should take to protect themselves haven't changed, Geller notes. "It's label reading. It's assertively and politely stating your needs to your [restaurant] server," she says. "Advocate in your children's schools. Make certain you're not putting yourself in a situation where you might eat something you shouldn't." **GF**

Van Waffle has a Bachelor of Science degree in biology and is a frequent contributor to Gluten-Free Living. *He blogs at vanwaffle.com.*



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EXPANDED RECIPE SECTION



A MAKE-AHEAD holiday meal

DO THE LEG WORK FOR TURKEY AND FIXINGS BEFORE GUESTS ARRIVE

By Jacqueline Mallorca • Photos by Michael Grassia

- GOAT CHEESE & CITRUS APPETIZER
- ROAST STUFFED TURKEY THIGH ROLLS
- BRINED TURKEY BREAST, SWEDISH STYLE
- HORSERADISH-MUSTARD CREAM
- WILD LINGONBERRY SAUCE
- FLUFFY PURÉED CAULIFLOWER
- UPDATED GREEN BEANS
- TIRAMISÙ CHEESECAKE

When it comes to hosting a glorious gluten-free holiday dinner, I'm all for having a happy, relaxed cook. The secret is prepping everything ahead of time—starter, main attraction, side dishes, dessert and all.

A majestic American turkey is undoubtedly the bird of choice for our major holiday feasts, but the truth is these big birds have a built-in problem. The back end and the front end don't roast to perfection in the same length of time.

It might sound radical, but for the best of both worlds I cook the legs and breast separately. Currently, my favorite way to prepare the dark meat is by wrapping boned and stuffed turkey thighs in lightly smoked prosciutto, called speck. These mini turkey roasts become unbelievably tender and tasty and are so easy to carve.

Poaching rather than roasting a turkey breast in the manner of Swedish brined goose is undoubtedly different, but it gives great results. The brining process prevents the turkey from drying out, creating much juicier white meat.

In addition simmering the breast gently in an herb-scented, gluten-free chicken broth adds flavor and results in a silky texture. Needless to say, when cooked this way any light or dark leftovers make peerless sandwiches for later in the week.

An uncomplicated starter of mixed baby greens with goat cheese, orange segments and pomegranate seeds sets the scene. Side dishes of fluffy pureed cauliflower—which is so like creamy mashed potatoes that it fools people—and updated green beans can also be prepped ahead of time.

And for an unexpected grace note, try serving ready-made wild lingonberry sauce instead of cranberry sauce to complement the meat. A perky horseradish cream that whips up quickly offers your guests a completely different flavor option.

No holiday dinner would be complete without a decadent dessert. My taste testers swooned over the tiramisù cheesecake. This dessert has to be chilled for 24 hours before serving—and can sit for up to three days in the refrigerator—so it, too, can be prepared ahead of time.

In short if you spread the prep work out during the week, there's not much left to do on the big day except enjoy the party with your guests. Happy holidays!

In today's world of far-flung families and small kitchens, not everyone can host a huge holiday gathering. With this in mind, nearly all the recipes for this festive menu serve six to eight, but they are easy to double.

Goat Cheese & Citrus Appetizer

SERVES 6

Ingredients

- 4 tablespoons olive oil
- 1 tablespoon white wine vinegar
- ½ teaspoon Dijon mustard
- Pinch of sugar
- Fine sea salt and black pepper
- 6 handfuls mixed baby lettuce leaves, about 5 ounces
- 3 navel oranges, cut into membrane-free segments
- 6 ounces fresh white goat cheese log with herb coating, cut into 12 slices
- 2 tablespoons pomegranate seeds, optional

How to segment oranges

Using a sharp paring knife, cut a slice off the top and bottom of each orange so it will stand upright. Cut downward though the pith and peel in sections to reveal the juicy flesh. Turn the orange over and trim off any missed bits of pith. Working over a bowl, cup the peeled fruit in one hand and carefully slice between the membranes to release each segment. Squeeze what's left of the oranges into the bowl as you go. Cover and refrigerate.

Directions

Whisk the olive oil, wine vinegar, mustard, sugar, salt and pepper together until creamy looking. Taste and adjust seasoning if needed. Can be refrigerated and re-whisked later.

When ready to serve, place the dressing in a large bowl. Add the lettuce mix and toss lightly to coat. Divide among six plates and tuck in the orange segments. Overlap two slices of goat cheese on each serving and scatter with pomegranate seeds if using.

Nutrition Analysis: 200 cal, 16 g fat, 30 mg, 140 mg sodium, 11 g carbs, 2 g fiber, 8 g sugar, 6 g protein.



Roast Stuffed Turkey Thigh Rolls

SERVES 6 TO 8

Packaged speck, which is lightly smoked German-style prosciutto, or regular Italian prosciutto work best here as the slices are large and uniform.

Ingredients

- 2 fresh turkey thighs (about 1½ pounds each), with bone and skin,
- 2 tablespoons (1 ounce) unsalted butter
- 1 small yellow onion (3 ounces), finely chopped
- 1 large garlic clove, finely chopped
- ½ teaspoon dried oregano
- ½ cup (1 ounce) frozen loose-pack chopped spinach
- 1 large egg, lightly beaten
- ½ cup (1 ounce) bread crumbs, made from slightly dried-out gluten-free sandwich bread
- ¼ cup (1 ounce) grated Parmesan cheese
- ½ teaspoon fine sea salt
- ½ teaspoon black pepper
- 10 thin slices speck or prosciutto (about 6 ounces), such as Trader Joe's
- String
- Olive oil spray

Directions

Have your butcher bone the thighs. Otherwise simply lay them skin-side down on a cutting board and locate the bone with your fingers. Cut along the bone and scrape around it to separate it and the small piece of joint from the meat. Cover the boned thighs with plastic wrap and pound to make them as flat as possible.

Melt the butter over medium-low heat. Add the onion, garlic and oregano and sauté until soft but not browned, 5 minutes. Add the spinach and stir until thawed, about 1 minute. Let cool slightly.

Beat the egg in a bowl and stir in the bread crumbs, Parmesan, salt, a generous grinding of pepper and the spinach mixture. Spread half down the center area of each turkey thigh. Bring the sides together to enclose the stuffing. If they won't stay in place, remove the stuffing temporarily and pound some more to make the meat thinner.

Lay 3 slices of speck on a work surface, slightly overlapping. Add another slice at each end, at right angles to the first three, half resting on top and half extending outwards, to form a cross. Center a turkey roll on top. Enclose the ends with the "flaps" of speck, which will stick in place, and then bring up the side flaps to form a snug roll.

Tie at 1-inch intervals with string. Repeat with the other turkey thigh. Enclose each roll in a 12 x 15-inch sheet of foil, leaving as much airspace as possible inside the package. Either bake immediately or refrigerate overnight. If refrigerated, let come to room temperature before roasting.

Heat the oven to 350° F. Place the foil packages on a rimmed baking sheet and bake for 45 minutes. Open the foil and spray the tops of the rolls with olive oil. Bake for about 20 minutes longer, until the meat reaches an internal temperature of 170° to 175°. Let stand for 20 minutes or more to firm up, which makes cutting neat slices much easier. Carve and serve warm or at room temperature.

Cook's tip: Don't discard the good juices that collect in the bottom of the foil packages. Pour into a fat separator and use as a clear gravy.

Nutrition Analysis: 380 cal, 23 g fat, 185 mg chol, 950 mg sodium, 3 g carbs, 0 g fiber, 1 g sugar, 42 g protein.





Brined Turkey Breast, Swedish style

SERVES 6 TO 8

Inspired by a classic Swedish recipe for brined goose, I reduce the traditional 3-day brining process by using pre-brined kosher turkey.

Ingredients

- 1 fresh Kosher turkey breast half (about 3 pounds), with skin and bone, such as Trader Joe's
- 1 lemon, halved
- Kosher salt or fine sea salt
- 6 cups (48 ounces) gluten-free, low-sodium chicken broth
- 1 bay leaf
- 1 branch fresh rosemary
- 2 strips of lemon zest, ½ x 2 inches
- 2 cups water, approximately

Directions

Rinse the turkey breast well and pat dry with paper towels. Rub with the cut sides of the lemon, then rub with about 2 tablespoons of salt. Cover and refrigerate for 12 hours.

Rinse the turkey breast, and place in a pot just wide enough to hold it. Add the chicken broth, bay leaf, rosemary and lemon zest. Add enough water to just cover the meat.

Bring to a boil. Immediately reduce the heat to low, partially cover and simmer very gently—just a few bubbles should rise to the surface—for 45 minutes. Remove the pot from the heat and let the meat cool in the broth.

When cold, lift the turkey breast from the broth and transfer to a platter. Cover and refrigerate, but serve at room temperature.

When ready to serve, discard the skin and carve into thin slices, parallel to the bone.

Cook's tip: The broth can be used for another purpose, but remember that it is already salted.

Nutrition Analysis: 270 cal, 12 g fat, 110 chol, 1260 mg sodium, 0 g carbs, 0 g fiber, 38 g protein.

Make-ahead guide

This step-by-step primer will make the big day a cinch

A good plan carried out over a few days is the key to a stress-free holiday dinner.

It's not difficult, but if you've never tried doing this kind of prep work before I warmly recommend having a trial run on a weekend some time before the big event. You'll enjoy a great dinner, and familiarity will make for speed and confidence the next time around.

THREE DAYS AHEAD

- Make a list and shop for needed ingredients. Make sure you include kitchen string, foil and plastic wrap.
- Prep and bake the cheesecake crumb crust. Store it at room temperature under a large upturned bowl.

TWO DAYS AHEAD

- Bake the cheesecake and refrigerate.
- Locate table linens, cutlery, platters, etc.
- Clear lots of space in the refrigerator.
- Rub the turkey breast with lemon and salt and refrigerate.

ONE DAY AHEAD

- Prep the turkey-thigh rolled roasts and refrigerate.
- Poach the turkey breast and refrigerate.
- Mix the salad dressing and refrigerate.
- Section the oranges.
- Steam and puree the cauliflower and refrigerate.

ON THE HOLIDAY

- Roast the turkey-thigh rolled roasts.
- Blend the horseradish-mustard cream.
- Tip the store-bought lingonberry sauce into a serving bowl.
- Steam the green beans and set aside.
- Assemble the salad.
- Reheat the cauliflower
- Toast the almonds and reheat the green beans.
- Slice the turkey breast and the turkey-thigh rolled roasts.

—Jacqueline Mallorca



Horseradish-Mustard Cream

MAKES ABOUT 1 CUP

Ingredients

- 1 teaspoon wasabi mustard powder, or to taste
- About 1 teaspoon cold water
- 1 tablespoon Dijon mustard
- 8-ounce tub dairy sour cream

Directions

Blend the wasabi powder with just enough water to make a paste and let stand for 5 minutes. Stir the wasabi and mustard into the sour cream. Taste, and add more wasabi paste or mustard if needed. Transfer to a serving bowl.

Nutrition Analysis (per 2-tablespoon serving): 60 cal, 6 g fat, 15 mg chol, 70 mg sodium, 1 g carbs, 0 g fiber, 1 g sugar, 1 g protein.

Updated Green Beans

SERVES 6

Usually available out of season at markets such as Trader Joe's, tiny green beans called *haricots verts* cook fast and are at their best when slightly crunchy. They should be topped but not tailed—this variety does not have tough strings, so the curly tails are tender. This recipe is a nice change from the standard green bean casserole, which presents challenges for the gluten-free cook.

Ingredients

- 1 pound tiny green beans or haricots verts
- 2 tablespoons olive oil
- 3 tablespoons dry-roasted, unsalted sliced almonds
- Freshly ground black pepper to taste
- ½ to 1 teaspoon Hawaiian red or Himalayan pink sea salt crystals

Directions

Steam beans for 3 minutes. Drain, plunge into cold water to stop the cooking and set the color, and drain again. Toss with half the olive oil, cool and refrigerate.

Just before serving, heat the remaining oil in a wide nonstick skillet, add the almonds, and fry for a few seconds to brown lightly. Add the beans and black pepper, and toss until heated through. Transfer to a heated serving dish and sprinkle lightly with the salt.

Nutrition Analysis: 90 cal, 7 g fat, 0 mg chol, 130 mg sodium, 6 g carbs, 3 g fiber, 3 g sugar, 2 g protein.



Fluffy Puréed Cauliflower

SERVES 6

Ingredients

- 1 head cauliflower (about 2½ pounds)
- ¼ cup (2 ounces) heavy cream
- 3 tablespoons unsalted butter
- ½ teaspoon fine sea salt
- ⅛ teaspoon white pepper
- ⅛ teaspoon ground nutmeg, freshly grated if possible

Directions

Cut the leaves, core and larger stalks from the cauliflower and discard. Steam the florets for 12 to 15 minutes, until very tender. Let cool for 10 minutes.

Transfer to a food processor and whiz to a purée, scraping down the bowl as needed. Add the cream, butter, salt, white pepper and nutmeg and process to combine. Taste for seasoning and adjust as needed. Spoon into a bowl, let cool and refrigerate. When ready to serve, reheat in a nonstick saucepan, stirring often.

Nutrition Analysis: 130 cal, 10 g fat, 30 mg chol, 260 mg sodium, 10 g carbs, 4 g fiber, 4 g sugar, 4 g protein.



Tiramisù Cheesecake

SERVES 10 TO 12

Adapted from a recipe in *Fine Cooking*, this sumptuous cheesecake is wonderfully rich but not too sweet.

Cookie crumb crust

Ingredients

- 7½ ounces gluten-free graham crackers, such as Schär, to make 2 cups of crumbs
- 3 tablespoons (1½ ounces) white sugar
- 1 tablespoon (½ ounce) unsweetened cocoa
- ¾ stick (3 ounces) unsalted butter, melted

Filling & topping

Ingredients

- 3 8-ounce packages cream cheese
- 1 8-ounce tub mascarpone, at room temperature
- 2 tablespoons (1 ounce) potato starch
- Pinch of fine sea salt
- ⅔ cup (5 ounces) white sugar
- 1 teaspoon vanilla extract
- 3 teaspoons instant coffee granules
- 2 tablespoons dark rum
- 4 large eggs, lightly mixed with a fork, at room temperature
- Unsweetened cocoa, for dusting

Directions

Heat the oven to 375° F. Set out an 8- or 9-inch diameter springform pan and line the base with parchment paper.

To make the crumb crust, break up the crackers and pulse in a food processor until ground to coarse crumbs. Add the sugar, cocoa and melted butter, and process just until the crumbs are evenly moist and start clumping. Transfer to the pan and press evenly over the base and 2 inches up the sides. Bake until firm, 10 to 12 minutes. Transfer the pan to a rack and let cool completely.

This can be made a day ahead: When ready to bake, heat the oven to 300° F. Place a shallow pan of water on the lowest shelf. The steam will help to prevent the cheesecake surface from cracking.

To make the filling, cut the cream cheese into 1-inch squares and drop into the bowl of a stand mixer. Add the mascarpone, potato starch and salt. Install the flat paddle and beat at medium speed, scraping down the bowl and paddle if necessary, until fluffy and free from any lumps.

Beat in the sugar. In a very small bowl, dissolve the coffee granules in the rum and add it and the vanilla to the mixing bowl and beat in. Add the eggs one third at a time, beating just long enough to incorporate. Don't overbeat the eggs as too much air could compromise the texture.

Pour the filling into the crust and smooth the top. Bake until the sides look set, but the center jiggles and still looks moist, about 55 minutes. Turn off the heat and leave the cake in the oven for 10 minutes with the door slightly ajar. Place the pan on a rack, carefully loosen the sides of the cheesecake with a knife blade, and let cool completely in the pan. Refrigerate overnight or for up to three days, covered.

To top, undo the sides of the pan and slide a large, thin metal spatula or the removable base from a quiche pan under the bottom crust. Transfer to a flat plate and sift a layer of cocoa over the surface.

To serve, heat a thin-bladed knife under hot water, wipe dry and cut into slices, heating and wiping the blade between cuts.

Nutrition Analysis: 510 cal, 40 g fat, 165 mg chol, 320 mg sodium, 31 g carbs, 1 g fiber, 21 g sugar, 8 g protein.

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The author of more than a dozen cookbooks, Gluten-Free Living *Contributing Food Editor Jacqueline Mallorca has written titles including* The Wheat-Free Cook *and* Gluten-Free Italian.

love what you eat

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Your relationship with your protein bar should start with your tastebuds.

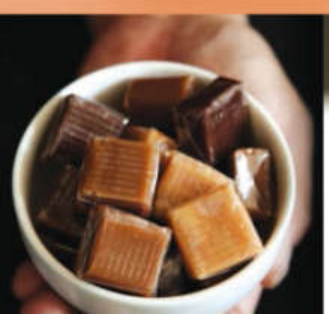
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Fill your HOLIDAY BUFFET *with flavor*

This simple but elegant menu dresses up and simplifies your meal at the same time

RECIPES BY LAUREN MARIE • PHOTOS BY ANGELA SACKETT

This holiday season try giving homemade comfort food a little twist by dressing up the casual and simplifying the fancy.

Carrots become an upscale side dish with a perfect balance of sweet and savory in the recipe for Honey-Almond Glazed Carrots. Meanwhile elegant Peppercorn-Crusted Beef Tenderloin sounds sophisticated but is surprisingly simple to make.

A buffet instantly makes serving easier and frees you up to enjoy the meal and the company of your guests. Your buffet table will groan with delicious gluten-free holiday food with a menu that also includes Mussels in Zesty Red Sauce, Chorizo Mac and Cheese, Perfect Honey Cornbread and The Easiest Asparagus and Bacon Bake, finished off with Rustic Apple Tart and Peanut Butter Pretzel Balls.

And to make things even easier, I've included practical make-ahead tips. Whenever I host a party, I do as much as possible ahead of time to avoid last-minute stress.

With these tips in your back pocket and the easy recipes at your fingertips, you'll have plenty of homemade flavors to fill your holiday buffet. Whether it's Thanksgiving, Hanukkah or Christmas, you and your guests will feel like you're home for the holidays.





The Easiest Asparagus and Bacon Bake

SERVES 4-6

My friend brought a dish like this to one of our parties, and I was hooked. The combination of salty bacon and savory garlic makes the roasted asparagus shine. It's a no-fuss recipe that's sure to impress your holiday guests.

Ingredients

- 2 pounds asparagus, ends trimmed and cut into 1-inch pieces
- 4 slices bacon, chopped into 1-inch pieces
- 4 garlic cloves, sliced
- ⅓ cup frozen peas, thawed
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 5 sprigs fresh thyme

Directions

Preheat the oven to 400° F.

In an 8 x 8-inch glass baking dish, stir together the asparagus, bacon, garlic, peas, olive oil, salt and pepper. Add the thyme sprigs on top and place in the oven.

Bake for 40-45 minutes until the asparagus is fork tender and the bacon is fully cooked. Remove thyme stems and stir before serving. Serve warm.

Nutrition Analysis: 170 cal, 14 g fat, 0 mg chol, 470 mg sodium, 8 g carbs, 4 g fiber, 3 g sugar, 6 g protein.

MAKE-AHEAD TIP
Trim the asparagus and cut the bacon the day before. Store separately in the fridge until ready to assemble the dish.



MAKE-AHEAD TIP

The simple syrup can be made up to 3 days in advance, and the entire recipe can be made a day ahead of time. Cover the pitcher and keep in the refrigerator until ready to serve.

Holiday Sangria

SERVES 6

Classic red sangria gets a holiday make-over with the addition of apple cider, cinnamon and cranberries. It's a delicious, beautiful cocktail that's perfect for your holiday bash.

Simple syrup

Ingredients

- 1 cup granulated sugar
- 1 cup water
- 1 cup cranberries, frozen and thawed or fresh
- 1 cinnamon stick
- 2 strips of orange peel, each 3-by-1 inch

Sangria

Ingredients

- 1 bottle of Tempranillo wine or any fruity red wine
- 1 cup apple cider
- 1 small Granny Smith apple, large dice

Directions

In a small saucepan, combine the sugar and water. Bring to a simmer over medium heat and stir until the sugar is dissolved. Turn off the heat and add the cranberries, cinnamon stick and orange peels. Cover and let cool completely. Once cooled, remove the cinnamon stick and orange peels, leaving the cranberries. Keep in the refrigerator until you're ready to make the sangria.

For the sangria, use a slotted spoon to remove the cranberries from the simple syrup and add them to a large pitcher. Then add the red wine, apple cider, apple pieces and 1 cup of the simple syrup. Stir together until combined. Taste it. If you prefer it sweeter, add the remaining simple syrup. Serve over ice.

Nutrition Analysis: 190 cal, 0 g fat, 0 mg chol, 10 mg sodium, 23 g carbs, 1 g fiber, 19 g sugar, 0 g protein.

Mussels in Zesty Red Sauce

SERVES 8

When I make this recipe, my house smells like an Italian restaurant. But don't let this elegant appetizer fool you. It's incredibly simple to make, especially if the mussels come pre-cleaned.

Ingredients

- 3 pounds fresh mussels
- ½ teaspoon saffron threads
- ¾ cup dry white wine
- ¼ cup extra-virgin olive oil
- 3 medium shallots, thinly sliced
- ½ teaspoon red pepper flakes
- 2 teaspoons Italian seasoning
- 1½ tablespoons minced garlic, about 4-5 cloves
- 3 cups (24 ounces) diced tomatoes, fresh or canned
- 1½ teaspoons salt
- ½ teaspoon black pepper
- ¼ cup chopped flat-leaf parsley

MAKE-AHEAD TIP

Make the tomato base for the sauce (without the wine) up to 2 days in advance and keep it in the refrigerator. When you're ready, heat up the sauce, then add the white wine and saffron and continue with the recipe.

Directions

Place the mussels in a bowl and fill with cool water. One at a time, scrub each mussel with a vegetable brush under cool running water. Remove the "beard," if it has one, by grabbing the tough fibers on the outside of the shell and pulling them out. Discard any mussels whose shell won't stay tightly shut. You can save time by having your fishmonger clean them for you.

Mix together the saffron and white wine, and let it steep for at least 10 minutes. Place a large stockpot or Dutch oven over medium heat and add the olive oil. Add the shallots and cook until just softened, about 3-5 minutes. Add the red pepper flakes, Italian seasoning and garlic. Cook for 1-2 minutes, until very fragrant, stirring often to keep the garlic from burning. Stir in the tomatoes, salt and pepper. Pour in the saffron-infused white wine. Bring to a boil over medium-high heat.

Add the mussels, stir everything together and cover the pot. Turn down the heat to medium and cook for 8-10 minutes until all the mussels are open. Discard any mussels that do not open. Pour cooked mussels into a serving bowl and sprinkle with parsley. Serve hot.

Nutrition Analysis: 250 cal, 11 g fat, 50 mg chol, 930 mg sodium, 11 g carbs, 1 g fiber, 2 g sugar, 21 g protein.





MAKE-AHEAD TIP
Trim the meat the day before. It makes the recipe go very quickly.

Peppercorn-Crusted Beef Tenderloin

SERVES 6-8

This perfectly cooked, juicy beef tenderloin, surrounded by the most delicious pepper and rosemary crust, is a showstopper. Trust me, your guests will be talking about this dish all through the holidays.

Ingredients

- 2 tablespoons coarsely ground black pepper, preferably freshly ground
- 1 tablespoon salt
- 1½ teaspoons chopped fresh rosemary
- 1 3- to 4-pound beef tenderloin
- 3 tablespoons unsalted butter, room temperature
- 2 tablespoons safflower, canola or grapeseed oil

Directions

Preheat the oven to 375° F. In a small bowl mix the pepper, salt and rosemary. Set aside.

Remove the excess fat from the tenderloin. Tuck the tail end under to make the meat more even in size, if needed. Tie kitchen twine around the meat every 2-3 inches. Use a paper towel to pat the outside dry. With your hands, rub the outside of the tenderloin with butter. Sprinkle the spice mixture evenly to coat the outside of the tenderloin.

Place a large sauté pan or roasting pan over high heat. Add enough oil to just coat the pan. When the oil is very hot but not smoking, add the tenderloin. Sear on all sides until a brown crust forms on the outside, about 2-3 minutes per side. This may get smoky. Use tongs to transfer the tenderloin to a baking sheet.

Roast in the oven until an instant read thermometer registers 130° F for medium-rare, about 25-30 minutes. Adjust the cook time depending on your preference for doneness. Let the meat rest for 10 minutes before removing the twine and slicing into ½-inch-wide pieces. Serve hot or at room temperature.

Nutrition Analysis: 330 cal, 20 g fat, 115 mg chol, 950 mg sodium, 1 g carbs, 0 g fiber, 0 g sugar, 37 g protein.

TENDERLOIN TIP: Some grocery stores only sell very large tenderloins. I buy one, trim it, and cut it in half. Then I wrap the two tightly in foil and store in the freezer or fridge until I'm ready to make the recipe.

Chorizo Mac and Cheese

SERVES 6-8

Mac and cheese is holiday comfort food at its finest. This version features three cheeses and zesty chorizo sausage. It also uses a reliable technique to keep your gluten-free pasta away from the "mush-zone."

Ingredients

- Salt
- 2 tablespoons plus a small drizzle of extra-virgin olive oil
- 1 pound gluten-free elbow macaroni or fusilli
- 4 cups whole milk
- 8 ounces Spanish cured chorizo, chopped
- 3 shallots, chopped
- 2 garlic cloves, minced
- 4 tablespoons unsalted butter
- 4 tablespoons coconut oil
- ¼ cup arrowroot powder
- 2 cups (8 ounces) freshly grated extra-sharp white cheddar
- 2 cups (8 ounces) freshly grated extra-sharp yellow cheddar
- 1 cup (4 ounces) freshly grated Gruyere
- ¼ teaspoon freshly grated nutmeg
- Black pepper
- ¼ cup chopped chives

Directions

Preheat the oven to 400° F. Grease a 9 x 13-inch glass baking dish. Set aside.

Place a large pot of water over high heat and bring to a boil. Add 2 large pinches of salt and a drizzle of olive oil. Add the pasta and stir. Cook pasta 1-2 minutes less than package directions. You want it to be al dente because it will cook a little more in the oven. Drain well. Then rinse with cold water.

Meanwhile pour the milk into a medium saucepan and gently bring to a simmer over medium heat. Turn off the heat and set aside.

In a large saucepan, heat the olive oil over medium heat. Add the chorizo and cook until the edges begin to crisp, about 4-5 minutes. Remove chorizo with a slotted spoon and place in a bowl. Add the shallots to the pan and cook until just softened, about 2 minutes, stirring often.

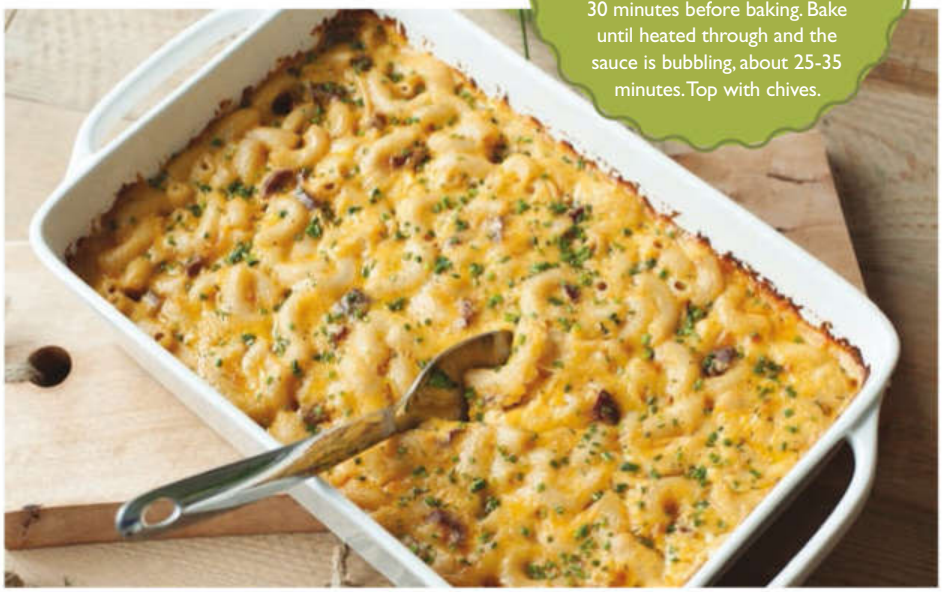
Stir in garlic and cook for 1 minute. Add the butter and coconut oil. Once the butter is melted, turn the heat down to medium-low and slowly whisk in the arrowroot powder. Cook for 1 minute. While whisking add in the hot milk. Cook until smooth and slightly thickened, about 5 minutes, stirring often.

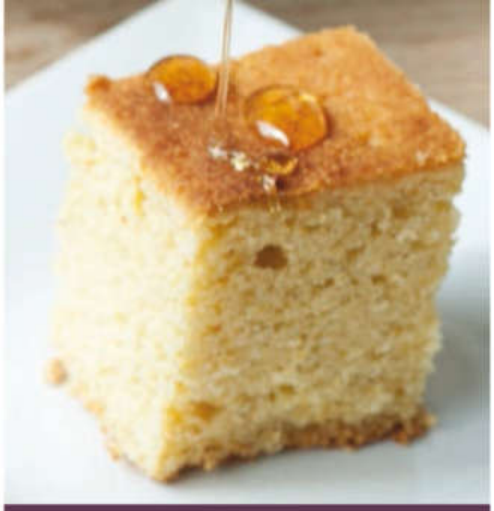
Remove from the heat and stir in the white cheddar, yellow cheddar, Gruyere and nutmeg; season with salt and pepper to taste. Once the cheese is melted, add the cooked pasta and chorizo. Stir well. Pour into the greased baking dish. Bake for 20 minutes or until hot and the sauce is bubbling. Top with chopped chives.

Nutrition Analysis: 860 cal, 56 g fat, 120 mg chol, 870 mg sodium, 57 g carbs, 2 g fiber, 7 g sugar, 34 g protein.

MAKE-AHEAD TIP

This recipe can be made up to 2 days ahead of time. Make the entire recipe but don't bake it. Cover and keep in the refrigerator until ready to bake. Let it sit at room temperature for about 30 minutes before baking. Bake until heated through and the sauce is bubbling, about 25-35 minutes. Top with chives.





Perfect Honey Cornbread

SERVES 8

This is exactly how I like my cornbread: deliciously fluffy and perfectly sweet, with no gritty cornmeal bits. My husband is a Texas man who knows his cornbread. And when I make this cornbread, he can't get enough.

Ingredients

- 8 tablespoons (1 stick) unsalted butter
- 1 cup yellow cornmeal
- ½ cup brown rice flour
- ½ cup tapioca starch
- 1 tablespoon baking powder
- 1 teaspoon xanthan gum
- 2 large eggs
- ⅓ cup sugar
- ¼ cup honey
- ¾ cup buttermilk

MAKE-AHEAD TIP

Make this the day before the party but cut it right before serving. That will keep your cornbread pieces nice and moist.

Directions

Preheat the oven to 400° F. Grease an 8 x 8-inch glass baking dish.

Melt butter in a small saucepan. Remove from heat and let cool. Meanwhile in a medium bowl, whisk together the cornmeal, brown rice flour, tapioca starch, baking powder and xanthan gum.

In a large bowl, mix eggs, sugar and honey. While whisking, slowly pour the cooled butter into the egg mixture. Then mix in the buttermilk. Add the cornmeal mix in 2 parts and stir until just combined. Pour into the prepared baking pan and spread out evenly.

Bake for 30-32 minutes or until a toothpick inserted in the center comes out clean.

Nutrition Analysis: 300 cal, 14 g fat, 80 mg chol, 65 mg sodium, 44 g carbs, 2 g fiber, 18 g sugar, 4 g protein.



Honey-Almond Glazed Carrots

SERVES 4-5

The combination of seared carrots, sweet honey and delicious almond is utterly addictive. But surprisingly, it's the oniony chives that make this whole dish come together. Make sure to get yourself a big scoop. There are never any leftovers.

Ingredients

- 1 pound carrots
- 2-3 tablespoons coconut oil
- ⅓ cup water
- 2 tablespoons honey
- 1 tablespoon sliced almonds
- ½ teaspoon almond extract
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon chopped chives

MAKE-AHEAD TIP
Cut the carrots the day before the party and store in a zip-top bag in the refrigerator. It'll make this recipe a breeze.

Directions

Peel and trim the carrots. Cut each carrot into thirds. Cut each third in half lengthwise. Depending on the thickness of each carrot, you may want to cut the pieces in half lengthwise again. You want 1½-2-inch carrot spears.

Heat a large cast iron skillet or large sauté pan over medium heat. Add enough coconut oil to just coat the pan. When the oil is hot but not smoking, use tongs to carefully add each carrot piece with the cut-side down. Cook one single layer at a time. You may need to do multiple batches.

Leave to cook untouched until very dark brown, almost charred on the cut-side, about 5-6 minutes. Don't worry if they look burnt. They'll taste great. Remove browned carrot pieces and put into a separate bowl and repeat with the remaining carrots, adding more oil if needed. Remove all the carrots from the pan after they've browned. Turn off the heat and let the pan cool down, about 2-3 minutes.

Once the pan has cooled slightly, turn the heat back to medium and add all the carrots along with the water, honey and almonds. Stir. Cook until the glaze thickens and carrots are fork tender, stirring occasionally, about 8-10 minutes.

Turn off the heat and add the almond extract carefully (it might bubble up). Then add the salt and pepper. Mix to combine. Pour into a serving dish and top with chopped chives. Serve immediately.

Nutrition Analysis: 120 cal, 6 g fat, 0 mg chol, 180 mg sodium, 16 g carbs, 3 g fiber, 11 g sugar, 1 g protein.

Rustic Apple Tart

SERVES 6-8

My mom loves the French Apple Tart from Ina Garten's *Back to Basics* cookbook. Here's my version, with a little less sugar and butter and the most delicious gluten-free crust.

Crust

Ingredients

- 2 cups white rice flour, plus more for rolling
- ¼ cup sugar
- 1 teaspoon xanthan gum
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- ¼ teaspoon cinnamon
- 12 tablespoons (1½ sticks) cold unsalted butter, diced
- ½ cup plus 2 tablespoons ice cold water

Apple filling

Ingredients

- 4 medium-large Granny Smith or Honeycrisp apples
- ⅓ cup sugar
- 3 tablespoons cold unsalted butter, small dice
- ½ cup apricot jam
- 2 tablespoons water

Special Equipment: a smooth, glass drinking cup

Directions

To make the crust, combine the white rice flour, sugar, xanthan gum, baking powder, salt and cinnamon in a food processor. Pulse to blend. Add the cold butter. Pulse until the butter is the size of small peas. With the motor running, slowly pour in the ice water. Add a small sprinkle of white rice flour into a large bowl. Pour flour-mixture into the bowl. Knead it well with your hands to bring the dough together. Form into a ball and then a flat disk. Wrap in plastic wrap and refrigerate for 1 hour.

Preheat the oven to 400° F.

Line a baking sheet with parchment paper, making sure it covers the sides of the pan. Place the dough in the middle of the parchment paper. Start spreading the dough out by pressing down with your hands.

Use a smooth, glass drinking cup to roll out the dough to a little larger than 10 by 14-inches. (I use the glass because it fits in the baking sheet and a rolling pin does not.) If the glass begins to stick, rub a little white rice flour on it. Trim the edges of the crust with a sharp knife and place the baking sheet in the refrigerator while you prepare the apples.

Peel the apples and cut them in half. Remove the seeds with a melon baller and the core with a small knife. Cut the apples into ¼-inch-thick slices. Arrange apple slices on the crust in diagonal rows, overlapping just slightly. Cover the entire pastry dough with apple slices.

Sprinkle the top evenly with the sugar and scatter the 3 tablespoons of diced butter evenly. Bake for 55-60 minutes, or until the pastry is browned and the apples appear soft. About halfway through baking, rotate the pan. The apple juices and sugar may spill over a bit and burn. Don't worry. The tart will be just fine.

When the tart is done, heat the jam and water together in a small saucepan over medium heat. Whisk together to form a smooth glaze. Brush the glaze on top of the warm tart. Cut into slices and use a spatula to transfer each piece to a platter. Serve warm or at room temperature.

Nutrition Analysis: 510 cal, 22 g fat, 55 mg chol, 85 mg sodium, 77 g carbs, 4 g fiber, 36 g sugar, 3 g protein.

MAKE-AHEAD TIP
You can make this the day before your party and use it for a rustic centerpiece on your table. You can also make the dough up to 2 days in advance.





For an additional side dish, Potato and Parsnip Mash with Marsala Gravy, go to the recipe section of **glutenfreeliving.com**

MAKE-AHEAD TIP
Make these up to 3 days ahead of time. Just make sure you don't eat them all before your party.

Peanut Butter Pretzel Balls

MAKES 45 TREATS

These have all the classic flavors of chocolate peanut butter cups but with the added crunchy texture of salty pretzels. In addition to being a buffet favorite, they make great holiday gifts for family and friends.

Ingredients

- 1¾ cups gluten-free pretzels
- 1 cup creamy peanut butter
- 3 tablespoons plus 2 teaspoons coconut oil, separated
- 1¾ cups confectioners' sugar
- 3 cups semi-sweet chocolate chips
- ⅓ cup peanut butter chips

Directions

Place pretzels in a large zip-top bag and use a wooden spoon or spatula to crush the pretzels into small pieces but not crumbs. Set aside.

In a medium bowl, whisk together peanut butter and 3 tablespoons coconut oil until smooth. Add the sugar in 2 parts, stirring to combine. It takes a little force. You can also use your hands to knead it together until it becomes smooth. Fold in the crushed pretzels.

Use a melon baller or teaspoon measure to scoop the mixture. Roll each scoop in your hands and shape into balls. Place each on a baking sheet or large plate lined with parchment paper. Keep in the freezer until slightly firm, about 25-30 minutes.

Fill a small saucepan with a little water and bring to a simmer. Place the chocolate chips into a small, heat-proof bowl and place on top of the saucepan until the chocolate is melted, stirring often, about 3-5 minutes. Let it cool slightly.

Remove peanut butter balls from the freezer and dip each into the cooled chocolate. Allow excess to drip off.

Place on a clean parchment-lined pan or plate. If they get too soft to work with, place the peanut butter balls back in the freezer to harden slightly, then dip in chocolate. Let stand at room temperature for 1 hour or until just slightly set.

Place the peanut butter chips and the remaining 2 teaspoons of coconut oil in a small, heat-proof bowl. Place over a saucepan with simmering water until melted and smooth, stirring often, about 3-5 minutes. Use a spoon to lightly drizzle over the chocolate. Let sit uncovered overnight to set or place them in the refrigerator for at least 15 minutes until set and crisp.

Nutrition Analysis (per ball): 110 cal, 6 g fat, 0 mg chol, 55 mg sodium, 13 g carbs, 1 g fiber, 10 g sugar, 2 g protein.

Lauren Marie, who writes the popular gluten-free food blog LaurenMarieGlutenFree.com, previously provided a gluten-free menu for our 2014 holiday issue. It was so popular, we asked her back this year.

Easy Entertaining *for* the Season

Whip up these gf recipes when you have a full house

Recipes by Mary Jo Eustace ■ Photos by Tracey Kusiewicz

The girls are coming over after work for a pre-holiday gift exchange. Your parents call and say they'd love to see you before they jet off to Acapulco. The kids are clamoring for one last sleepover before winter break.

Okay, you think, but what am I going to feed these people?

These recipes from Mary Jo Eustace's *Scared Wheatless: Delicious Gluten-Free Recipes That Won't Make You Lose Your Mind* have you covered. Eustace, a Canadian chef and TV host, focuses on healthy recipes that are both kid-friendly and easy to make.

The fun flavor profile of Turkey Skewers with Coconut Bean Mash will make any bone-chilling December evening seem like summer paradise. No need to head out to the grill in your coat and wellies—a grill pan adds eye-catching grill marks without the frostbite. Merry Christmas Quinoa is a beautiful, festive side that's delicious any time of year but doubly appropriate around the holidays.

For something a little heartier, cozy up to a pan of Sweet Potato Macaroni. With plenty of apples and sweet potatoes snuck in amongst the cheese and gluten-free noodles, it's a more wholesome take on this classic comfort food.

Finally to power through those holiday shopping trips, whip up a tray of The Market's Gluten-Free Bars. Based on Eustace's favorite store-bought granola bars, they'll make excellent fuel for long checkout lines and navigating parking lots.

Sweet Potato Macaroni

SERVES 6

This dish is a version of traditional macaroni and cheese—Eustace snuck in some fruits and veggies that should get by the most discerning palate. It has been kid-tested, and they even asked for seconds.

Ingredients

- 4 cups dried gluten-free macaroni
- 2½ sweet potatoes
- 3 tablespoons unsalted butter
- ½ cup finely chopped celery
- 1 cup cubed tart apple, such as Granny Smith
- 1 cup chopped onions
- Salt and pepper to taste
- ¾ cup half-and-half cream
- 1 cup gluten-free chicken or veggie stock
- 1 cup freshly grated Parmesan cheese + extra for garnish
- 1 cup freshly grated raw sharp cheddar or Gruyere cheese
- ½ cup chopped fresh parsley
- ½ teaspoon ground nutmeg
- ½ cup chopped pistachios

Directions

Cook pasta in a large pot of boiling, salted water, until al dente. Check instructions on package. Drain and set aside.

Preheat the oven to 385° F.

Cut sweet potatoes into 1-inch cubes and cook in boiling salted water until soft. This should yield approximately 2 cups of cubed potatoes.

Place the butter in a medium pan and sauté the celery, apple and onions until soft, about 3 to 5 minutes. Salt and pepper to taste. Add the sweet potatoes and sauté for another 1 to 2 minutes.

Combine the pasta, the sweet potato mixture, cream, stock, Parmesan cheese, cheddar or Gruyere, parsley, ground nutmeg and more salt and pepper to taste in a large bowl. Mix well.

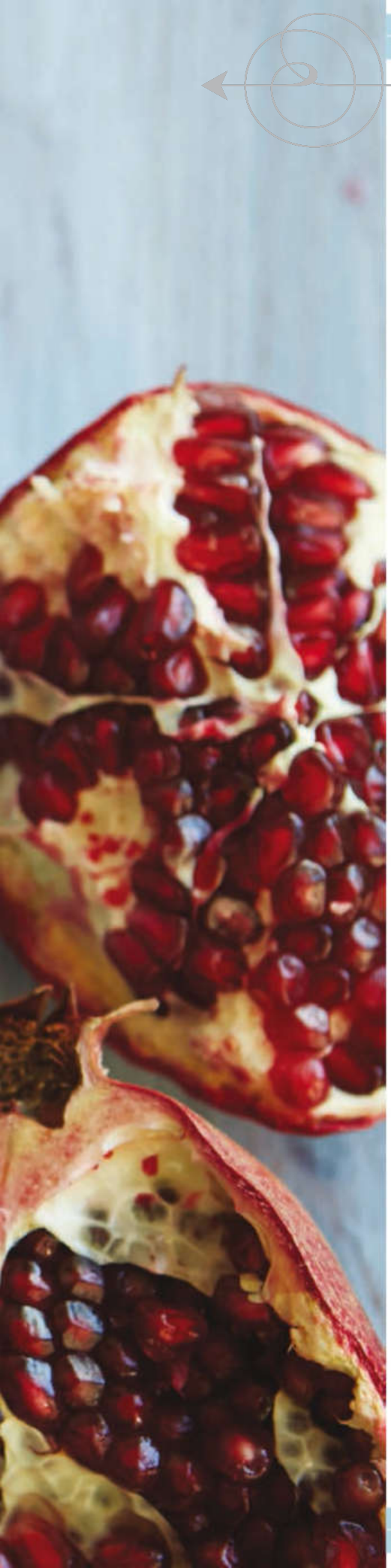
Spread the mixture evenly in a medium, greased baking dish. Sprinkle the pistachios on top and bake for 25 to 30 minutes, until everything is melted and bubbly. Top with extra Parmesan.

Cook's tip: Try pumpkin or butternut squash instead of the sweet potato for variety.

Nutrition Analysis: 620 cal, 25 g fat, 60 mg chol, 500 mg sodium, 82 g carbs, 5 g fiber, 8 g sugar, 18 g protein.







Merry Christmas Quinoa

SERVES 6

Eustace loves mustard and bacon. "It's almost my favorite combination, outside of cocktails and an ocean or a great hair day when you have an important date," she says. "And by the way you don't have to serve this only at Christmas."

Quinoa Ingredients

- ½ cup diced onion
- ½ cup chopped pancetta or bacon
- 2 tablespoons olive oil
- 2 cups uncooked quinoa, any variety, including red or black
- 1 cup diced celery
- 1 cup diced tart apples
- 1 cup pomegranate seeds
- ½ cup sultana raisins
- ½ cup walnuts
- Salt and pepper to taste

Dressing Ingredients

- ¼ cup olive oil
- 1 lemon, juiced
- 1 tablespoon gluten-free Worcestershire sauce
- 2 tablespoons grainy mustard
- ½ cup blue cheese, crumbled
- ½ cup chopped fresh Italian parsley, for garnish
- ¼ cup dried cranberries, for garnish

Directions

Fry the onion and pancetta (or bacon, if using) in the olive oil in a sauté pan until cooked and a little crispy. Set aside.

Cook the quinoa according to the instructions on the package.

Combine the quinoa, celery, apples, pomegranate seeds, raisins and walnuts in a large mixing bowl. Salt and pepper to taste.

Whisk together the olive oil, lemon juice, Worcestershire sauce, mustard and blue cheese in a small bowl. The dressing will be chunky. Salt and pepper to taste.

Pour the dressing over the quinoa mixture and toss well. Add the bacon and onion mixture and the fresh Italian parsley and toss again.

Serve on a large platter and garnish with the dried cranberries.

Cook's tip: To make it really festive, serve the quinoa as an appetizer in little radicchio cups..

Nutrition analysis: 620 cal, 35 g fat, 10 mg chol, 330 mg sodium, 67 carbs, 9 g fiber, 26 g sugar, 16 g protein.

The Market's Gluten-Free Bars

MAKES 10-12 BARS

Ingredients

- 3 cups old-fashioned gluten-free oats
- 3 cups packed brown sugar
- ¼ cup gluten-free flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup coarsely chopped walnuts
- ½ cup dark chocolate chips
- ½ cup shredded coconut
- ¼ cup white sesame seeds
- ⅔ cup packed dried apricots
- ½ cup soft butter
- ½ cup liquid honey

Directions

Preheat the oven to 325°F.

Line a 9 × 13-inch baking dish with parchment paper.

In a large bowl, mix together all the ingredients except the apricots, butter and honey.

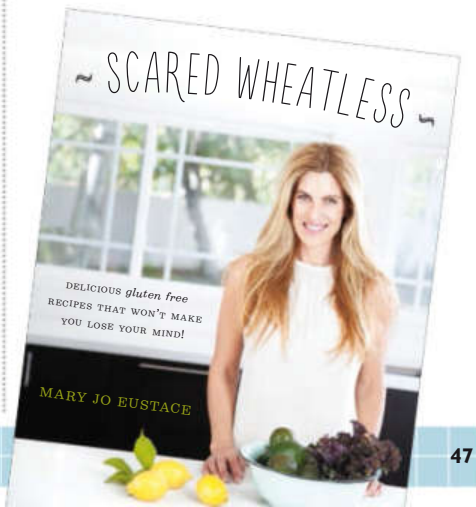
Finely chop the apricots in a food processor. Add the butter and purée into a paste. Add the apricot mix to the dry ingredients along with the honey and mix well.

Scrape into the prepared baking dish and press evenly.

Bake for about 25 minutes, until edges are slightly dark.

Cool slightly, then place a sheet of parchment paper on top. Place some heavy cans or boxes on top to compress the mixture. Let cool overnight. Cut into bars.

Nutrition Analysis: 560 cal, 19 g fat, 20 mg chol, 190 mg sodium, 98 carbs, 5 g fiber, 75 g sugar, 6 g protein.





Turkey Skewers with Coconut Bean Mash

MAKES 12 TURKEY SKEWERS

"I love these skewers. They remind me of being somewhere exotic and not being hunted down by my children for pick-up and Starbucks," Eustace says. You can also serve them with a quick Tzatziki dipping sauce.

Ingredients

- 12 wooden skewers
- 10 ounces ground turkey
- 1 onion, finely chopped
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons chopped fresh parsley
- ½ teaspoon ground cumin
- 1 tablespoon Dijon mustard
- 1 teaspoon prepared horseradish
- Salt and pepper to taste
- 1-2 tablespoons olive oil

Directions

Before you begin, soak 12 wooden skewers for 45 minutes to an hour so they won't burn.

Put the turkey, onion, cilantro, parsley, ground cumin, mustard, horseradish and salt and pepper in a food processor. Pulse until fully blended.

Divide the mixture into 12 portions. Wet your hands a little and shape each portion around a skewer.

Cover and chill for an hour.

Heat up a grill pan or your barbecue to a medium heat and brush with the olive oil. Grill the skewers for about 10-12 minutes, turning occasionally until they are nicely browned and cooked through. Serve with Cannellini Coconut Mash Up.

Cook's tip: Serve with gluten-free wraps, corn tortillas or gluten-free pitas. Persian cucumbers are delicious as a side to this dish.

Nutrition Analysis (per skewer): 50 cal, 3 g fat, 15 mg chol, 50 mg sodium, 1 g carb, 0 g fiber, 0 g sugar, 5 g protein.

Recipes excerpted from Scared Wheatless *(Whitecap Books) by Mary Jo Eustace. Photos by Tracey Kusiewicz for* Scared Wheatless *(Whitecap Books).*

Coconut Bean Mash

MAKES ½ CUPS

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic
- 1 15-ounce can cannellini beans, rinsed and drained
- ½ cup canned chickpeas
- ¼ cup coconut milk
- ¼ teaspoon chili flakes, optional
- 2 tablespoons chopped fresh cilantro
- Salt and pepper to taste

Directions

In a large saucepan, heat up the olive oil and sauté the garlic.

Add the cannellini beans, chickpeas and coconut milk and heat for a few minutes. For a kick add some chili flakes.

Transfer to a food processor and blend with the fresh cilantro until smooth. Salt and pepper to taste.

Nutrition Analysis: 180 cal, 7 g fat, 0 mg chol, 320 mg sodium, 21 g carb, 6 g fiber, 2 g sugar, 8 g protein.

Tzatziki

SERVES 6

Ingredients

- 1 cup plain yogurt
- 1 garlic clove, minced
- ½ cup shredded cucumber
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Chopped fresh dill, to taste
- Salt and pepper, to taste

Directions

Combine all ingredients in a medium bowl and mix.

Nutrition Analysis: 40 cal, 2.5 g fat, 0 mg chol, 25 mg sodium, 4 g carbs, 0 g fiber, 2 g sugar, 2 g protein.



COOKING *for* company

DELICIOUS DISHES THAT WON'T KEEP YOU IN THE KITCHEN FOR HOURS

Recipes and photos by Isadora Lassance



When your holiday company is staying over for a few days, you don't want to spend all your time in the kitchen. Meanwhile you do want to serve memorable meals that no one will notice are gluten free.

The key to success on both points is to make breakfast, lunch and dinner options that come together pretty quickly and can be served with the simple addition of fresh fruit, taco chips and salsa or a big green salad. These recipes will meet all your needs, fill up family or friends and have them asking how you did it.

You might have to wake up before your visitors, but the Caramel Apple Cinnamon Rolls will be worth answering that early alarm. Serve them warm and no one will want to leave the kitchen.

If you're ambitious, you can also put the Goat Cheese, Kale & Red Pepper Frittata on the breakfast table, but it also makes a belly-filling lunch. And the Sharp Cheddar & Quinoa Enchiladas work as either lunch or dinner.

Sweet Potato Black Bean Chili makes a perfect supper for a group. Start it in the afternoon and let it simmer for a few hours, filling your kitchen with a tempting aroma. You can spend time with your guests, and when the chili is ready you won't have any trouble getting everyone to the table.

Caramel Apple Cinnamon Rolls

SERVES 10-12

Ingredients

- 2 cups unsweetened almond milk, or regular milk
- 6 tablespoons unsalted butter or non-dairy butter plus ½ teaspoon, divided
- 2 ¼-ounce packages rapid-rise instant yeast
- 2 tablespoons granulated sugar
- ¼ teaspoon salt plus a pinch, divided
- 1 teaspoon vanilla extract
- 4 cups gluten-free 1:1 baking flour, plus more for rolling out
- 2 medium apples, peeled, cored and cut into small dice
- ¾ cup brown sugar
- 2 tablespoons ground cinnamon
- ¼ cup softened unsalted butter
- ½ cup chopped walnuts, optional
- ½ cup caramel sauce, store-bought or homemade

Directions

Place the milk and 6 tablespoons butter in a medium pot and cook over medium heat until butter is melted. Transfer mixture to a large bowl and let cool until mixture reaches 110°, about the temperature of bath water. Once cooled, add the yeast and let activate for 10 minutes. Next add the sugar, salt and vanilla, and let sit another minute.

Add the flour to the milk mixture ½ cup at a time. Stir between each addition and stop when the dough is no longer sticky. You may not need the entire 4 cups or you may need an extra tablespoon or two of flour depending on how sticky your dough is. Form dough into a ball, cover bowl with plastic wrap and let sit in a warm place for 1 hour.

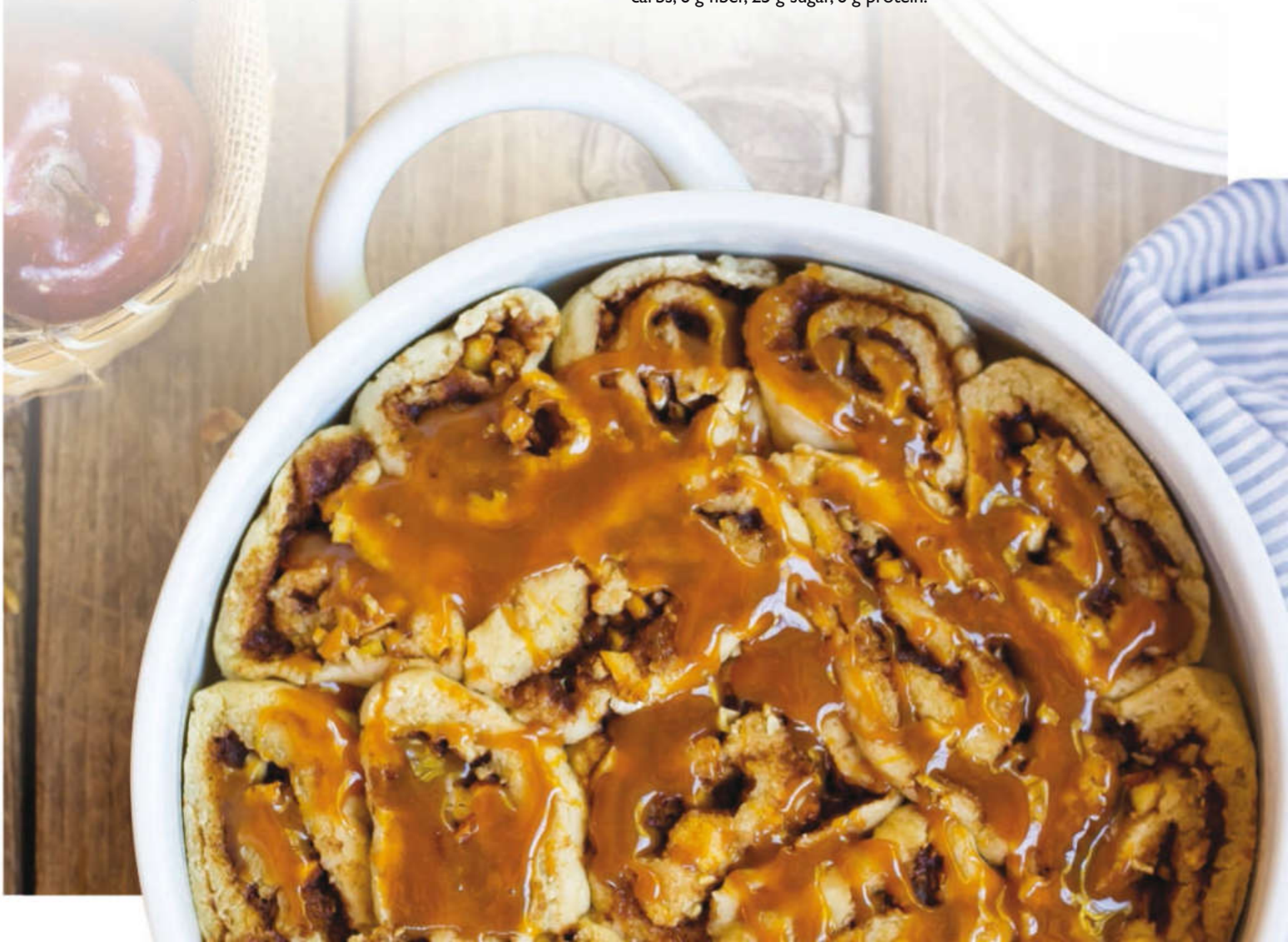
While dough is rising, heat a large pan over medium heat and add the ½ teaspoon butter. Add the diced apples and pinch of salt and cook until apples are softened, about 10 minutes. In a small bowl, add the brown sugar and cinnamon and mix until combined; set aside.

Pre-heat oven to 350° F. Cover a large flat surface with plastic wrap. You will need to overlap 2 or 3 pieces to make sure you have a large enough space. Sprinkle plastic wrap with a small amount of flour and turn dough onto the plastic wrap. Use a rolling pin to roll the dough into a rectangle shape, until dough is about ¼-inch thick and approximately 20 x 12 inches wide.

Spread the softened butter onto the dough and sprinkle evenly with the brown sugar mixture. Top with the cooked apples and chopped walnuts. Use the plastic wrap to lift the dough and tightly roll it up, removing the wrap as you do. Carefully wrap the cinnamon log in the plastic wrap and refrigerate for 30 minutes to make it easier to cut the cinnamon rolls.

Cut the cinnamon log into 1-inch thick slices and place each slice in a 12-inch oven-safe pan. Bake the cinnamon rolls for 25-20 minutes. Remove from the oven and top with caramel sauce. Best when served warm.

Nutrition Analysis: 390 cal, 16 g fat, 25 mg chol, 95 mg sodium, 60 g carbs, 6 g fiber, 25 g sugar, 6 g protein.



Goat Cheese, Kale & Red Pepper Frittata

SERVES 6-8

Ingredients

- 1 teaspoon olive oil
- ½ small yellow onion, diced
- ½ teaspoon salt, plus a pinch
- 2 cloves garlic, minced
- 1 medium red pepper, diced
- ¼ teaspoon black pepper
- 2 packed cups chopped kale
- 1 dozen large eggs
- ¼ cup milk
- 2 ounces goat cheese, crumbled
- Salsa and Greek non-fat yogurt for topping, if desired
- Serve with toast or warmed corn tortillas, if desired

Directions

Pre-heat oven to 400°F. Heat a 10- to 12-inch oven-safe pan over medium heat. Add olive oil, onion and a pinch of salt, and sauté for 2 minutes. Add the garlic, red pepper, ½ teaspoon salt and black pepper and cook for another 3 minutes, until vegetables are starting to soften. Add the kale and cook until it is wilted, 2 minutes.

Crack the eggs into a large bowl, add the milk and whisk together. Pour egg mixture over cooked vegetables and make sure all vegetables are covered evenly with eggs. Sprinkle the goat cheese crumbles over the top and leave the frittata on the heat for about 1 minute to let the edges set.

Place frittata in the oven and bake until eggs are cooked through and set, 10-15 minutes. Slice frittata into desired number of pieces. Garnish with salsa or yogurt. Frittata can be re-heated in the microwave, oven or on the stove top.

Nutrition Analysis: 140 cal, 9 g fat, 285 mg chol, 290 mg sodium, 3 g carbs, 1 g fiber, 2 g sugar, 11 g protein.





Sharp Cheddar & Quinoa Enchiladas

SERVES 8-10

Ingredients

- 1 cup quinoa, dry
- 2 15-ounce cans low-sodium pinto beans, drained and rinsed
- 1 7-ounce can diced green chiles, drained
- 2½ cups grated sharp cheddar cheese, divided
- ¾ teaspoon salt
- 1½ teaspoons ground cumin
- 1½ teaspoons paprika
- ½ teaspoon garlic powder
- 3 cups enchilada sauce, divided
- 18 corn tortillas
- Diced tomatoes and cilantro for topping, if desired

Directions

Cook the quinoa according to package directions. While quinoa is still warm, add it to a large bowl along with the pinto beans, green chiles, 1½ cups cheese and the seasonings. Mix until everything is combined.

Pre-heat the oven to 400°F. Pour 1½ cups of the enchilada sauce into a 9 x 13-inch baking pan and spread it out. Fill each tortilla with about ⅓ cup of the quinoa mixture, roll up and place in the pan, seam side down. Depending on type of tortillas you use, you may have to warm them up before rolling to prevent them from breaking. Place enchiladas side by side and tuck them in tightly to make sure they all fit. Cover with the remaining 1½ cups of enchilada sauce and sprinkle with the remaining 1 cup of cheese.

Bake enchiladas until filling is heated through and cheese is melted, 20-25 minutes. Top with chopped tomatoes and cilantro, if desired.

Nutrition Analysis: 390 cal, 14 g fat, 30 mg chol, 830 mg sodium, 50 g carbs, 9 g fiber, 3 g sugar, 16 g protein.

Sweet Potato Black Bean Chili

SERVES 6-8

Ingredients

- 1 teaspoon olive oil
- ½ yellow onion, diced
- 1¼ teaspoons salt
- 5 cups sweet potato, peeled and diced
- 2 cloves garlic, minced
- 1 medium green pepper, diced
- Chopped jalapeno, to taste
- 3 15-ounce cans cooked black beans, drained and rinsed
- 1 14.5-ounce can petite diced tomatoes, slightly drained
- 1 6-ounce can gluten-free tomato paste
- 2½ teaspoons chili powder
- 2½ teaspoons ground cumin
- 1½ teaspoons paprika
- ½ teaspoon smoked paprika
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper
- 1 tablespoon brown sugar
- 3 cups gluten-free, low-sodium vegetable broth or chicken broth

Directions

Heat a large pot over medium heat and add the olive oil, diced onions and salt. Cook onions for 2-3 minutes and add the sweet potato, garlic, green pepper and jalapeno. Cook for 5 minutes, until vegetables are beginning to soften.

Add the black beans, tomatoes, tomato paste, seasonings and brown sugar. Stir until combined and cook for 3-5 minutes to let the flavors meld together.

Add the broth. For thinner chili, add more broth than called for. Bring chili to a boil, reduce to a simmer and simmer for at least 30 minutes, but up to a few hours to allow deeper flavors to develop.

Top with your favorite chili toppings: tortilla chips, non-fat Greek yogurt, cilantro, etc.

Nutrition Analysis: 280 cal, 1.5 g fat, 0 mg chol, 950 mg sodium, 56 g carbs, 17 g fiber, 12 g sugar, 13 g protein.

Isadora Lassance lives in Tucson, Arizona, with her husband and their cat, Cheeto. A regular contributor to Gluten-Free Living, *she also blogs about whole food and seasonal ingredients at shelikesfood.com.*



A PERFECT Hanukkah breakfast

CELEBRATE WITH A HOLIDAY MEAL OF SPECIAL FOODS

BY LAURA HAHN
PHOTOS BY CHRISTINA GROGAN



Hanukkah breakfast is extremely special to me, and I look forward to the festive combination of traditional recipes and seasonal flavors every year.

One of my fondest memories of being in the kitchen as a child is of making matzo brei with my dad. It was my job to get up on the counter and help break up the entire box of matzo into a large bowl.

Our family recipe was done by feel, without any measurements, as is often the case with traditional holiday foods. It was a challenge to come up with accurate measures for this menu, but I persevered.

All the recipes are nut and gluten free and can be made dairy free. Everyone at your table can enjoy this celebratory meal on the morning of one of the days you gather to light the evening candles and open presents for the festival of lights.

Peach Bellinis

SERVES 4

Bellinis are similar to mimosas, with a mix of sparkling wine and fruit, usually peaches.

INGREDIENTS

- 1 cup frozen peaches
- ½ cup orange juice
- 2½ cups sparkling wine or non-alcoholic sparkling cider or sparkling white grape juice

Blend the frozen peaches and orange juice in a blender. Pour even amounts of the mixture into 4 wine glasses. Top each glass with even amounts of sparkling wine or a non-alcoholic alternative.

Nutrition Analysis: 110 cal, 0 g fat, 0 mg chol, 15 mg sodium, 27 g carbs, 0 g fiber, 25 sugar, 1 g protein.

Citrus Salad

SERVES 4

Winter citrus salad is a refreshing start for a Hanukkah brunch, and this is a very easy recipe to prepare.

Ingredients

- 4 large seedless oranges
- 2 grapefruits
- 2 blood oranges

Directions

Using a sharp knife, cut away the peel and the white pith of all the fruit.

Cut all of the fruit into sections and then cut each section in half so you have bite-sized pieces. Mix the fruit pieces together by hand in a large bowl. Chill and serve.

Cook's tips:

- Use 3 seedless tangerines if blood oranges are not available.
- Peeling by hand will leave the white pith. When you use a knife, you'll get to the sweetest part of the fruit, which has a brighter color.

Nutrition Analysis: 160 cal, .5 g fat, 0 mg chol, 0 mg sodium, 39 g carbs, 10 g fiber, 28 g sugar, 3 g protein.



Matzo Brei

SERVES 4

Matzo Brei is made in many ways, often depending on family recipes and tradition. In my family, it was made like a pancake. Some recipes result in softer or crunchier versions. In the end, it's a simple combination of matzo, milk, egg and flavor. Though usually associated with Passover, matzoh brie makes a good Hanukkah breakfast the morning after you've filled up on latkes at dinner.

Ingredients

- 8 pieces gluten-free matzo
- ¾ cup milk or milk alternative, such as soy, cashew, almond or rice milk
- 2 large eggs
- 2 teaspoons cinnamon
- 2 teaspoons vanilla

Directions

Crush the matzo by hand into small pieces. Add the milk or milk alternative and mix together.

Add the eggs, cinnamon and vanilla and mix together. Allow the mix to sit for about 10-15 minutes so the matzo soaks up some of the liquid.

Heat a large pan with a bit of nonstick spray or oil and add a scoop of the matzo mixture. A small 2-ounce ice cream scoop or large spoon works well.

Pat the mixture a bit to form a patty that is about ½-inch thick. Repeat, cooking two patties at a time for about 4-5 minutes over medium heat, and then flip.

Each side should be golden brown, with a firm center. Serve hot with a sweet topping, such as the maple orange reduction or any syrup, jelly or honey.

Nutrition Analysis: 310 cal, 10 g fat, 95 mg chol, 300 mg sodium, 48 g carbs, 2 g fiber, 3 g sugar, 7 g protein.

Maple Orange Reduction

SERVES 4

This recipe takes maple syrup up to the next level, with the orange juice adding just the right tangy flavor.

Ingredients

- 1 cup fresh orange juice
- 2 tablespoons orange zest
- ¾ cup maple syrup

Directions

Heat the orange juice in a sauce pan over medium heat. Cook until the juice reduces by half. Add orange zest and syrup, mix well and cook for a few more minutes. Pour the syrup into a small bowl. Serve warm.

Nutrition Analysis: 190 cal, 0 g fat, 0 mg chol, 10 mg sodium, 47 g carbs, 0 g fiber, 1 g protein.





Lox

SERVES 4

I grew up loving the salty flavor, bright color and creamy texture of lox. When feeding a crowd, lox can be an expensive addition to the meal. Making it for yourself is both fun and affordable. It takes about 3 days to prepare the fish, so make sure to give yourself enough time.

Ingredients

- 1 pound fresh center-cut salmon
- 2 tablespoons sea salt
- 2 tablespoons pink cure salt
- 3 tablespoons brown sugar
- 1 tablespoon parsley

Directions

Rinse the salmon and dry well. Place salmon on top of a large piece of plastic wrap. Set aside.

Put the salts, sugar and parsley in a food processor and pulse until well blended.

Pour half of the seasoning on top of the fish and rub it in well. Flip the salmon and rub the remaining mix on the other side.

Wrap fish tightly with the plastic wrap and put it into a casserole dish or shallow container large enough to allow the fish to lay flat and to contain the liquid that will come from the fish.

Place several heavy cans or a clean brick on top of the wrapped fish to press the liquid out while the fish rests.

Place the casserole dish in the refrigerator and flip the fish every 24 hours over the course of about three days.

Remove the weight and the plastic wrap, and rinse the fish and dry well. Slice it very thinly and serve cold.

Nutrition Analysis: 280 cal, 15 g fat, 60 mg chol, 5250 mg sodium, 10 g carbs, 0 g fiber, 10 g sugar, 23 g protein.

Laura Hahn, winner of Philadelphia's NBC's Next Local TV Chef *competition, operates a restaurant consulting company. She recently published a gluten-free cookbook,* Around the World, One Gluten-Free Meal at a Time, *and blogs about gluten-free food at GuiltFreeFoodieCutie.com.*

Christmas cookie extravaganza

Knock the holiday socks off family and friends with these tasty recipes. Enjoy a few yourself, too!

BY NICKI PORTER



PHOTO BY LEA VALLE

Dairy free*

Paleo

*Dairy free if made with coconut oil

Once you hit your stride on the gluten-free diet, you start to realize it's not so bad. Sure you have to be vigilant about reading labels, and eating out can be a trial. But most of the things that are good for you—fruits, vegetables, meat and fish—are naturally gluten-free.

Gluten-free breads, crackers and pasta are more plentiful than ever. Even on the harder days, there's still cause to be thankful that coffee, wine and chocolate are gluten free.

Then the holiday season hits, and you're inundated with delicious-looking pies, tarts, cheesecakes, even *fruitcakes,* and every single bite is packed with gluten. A person can get tired of saying *no* to every treat that comes along.

Then there's the never-ending stream of Christmas cookies. The adorable frosted reindeer. The perfectly pleated pinwheels. The jam thumbprints. Frankly it's enough to make a person start singing "Blue Christmas" to a plate of rugelach.

But not this Christmas.

This is the year you take back the Christmas cookie platter. This is the Christmas you show up at the office party with not one, not two, not three, but *five* fabulous gluten-free, allergen-friendly cookies.

This is the year you turn up your nose at rock-hard biscotti and flavorless nut crescents and serve up modern twists on classic cookies including Snickerdoodles and Black-Eyed Susans. Wow your guests with festive Paleo Cranberry Bars or Chocolate Snowflake Cookies.

And don't think for a minute you'll have to let another holiday season go by minus gingerbread in your life. With a Paleo gingerbread cookie recipe in your back pocket, you and the kids will have a blast making gingery spiced men, women, children and whatever your imagination and cookie cutters allow.

We're betting even Santa will appreciate the break from his milk-and-gluten routine. Word on the street is that he and the missus have gone gluten free. At least that's what we hear.

Paleo Cranberry Bars

MAKES 8 LARGE OR 16 SMALL SERVINGS

Cake

Ingredients

- 2 cups (200 g) almond flour
- 1 tablespoon (7 g) coconut flour
- 1½ teaspoons ground ginger
- ¼ teaspoon baking soda
- ¼ teaspoon finely ground sea salt
- 1 cup granulated coconut sugar, or maple sugar for a lighter color
- 2 large eggs, at room temperature
- 1 teaspoon lemon or orange extract
- ½ cup liquefied coconut oil, ghee or unsalted pastured butter, melted
- ¼ cup fruit-sweetened dried cranberries
- ¼ cup dairy-free white chocolate chips or chunks, optional

Frosting

Ingredients

- ½ cup palm shortening
- 2 tablespoons raw honey
- 1 tablespoon lemon or orange zest
- 2 teaspoons lemon or orange extract
- ¼ cup fruit-sweetened dried cranberries

Coconut Drizzle #1

Ingredients

- 2 tablespoons coconut butter
- 2 teaspoons full-fat coconut milk
- 1½ teaspoons raw honey
- ¼ teaspoon lemon or orange extract

Coconut Drizzle #2

Ingredients

- ¼ cup dairy-free white chocolate chips, melted together with ½ teaspoon coconut oil

Directions

To make the cake: Preheat the oven to 350° F. Grease an 8-inch square pan and place a layer of parchment paper in the bottom of the pan long enough to come up two opposite sides.

Weigh the flours and sift together with the ginger, baking soda and salt. Stir in the coconut sugar.

In a separate bowl, whisk the eggs, then whisk in the lemon extract and coconut oil.

Combine the wet ingredients with the dry ingredients and stir until thoroughly combined.

Stir in the dried cranberries and white chocolate chips, if using.

Pour into the prepared pan and smooth the top with a spatula.

Bake for 23 to 25 minutes. Remove from the oven and let cool completely in the pan on a wire rack. Lift out of the pan by using the sides of the parchment paper.

To make the frosting: Using an electric mixer, whip the shortening, honey, lemon zest and lemon extract together in a small bowl. Smooth the frosting over the cooled cake and top with the dried cranberries.

Mix together your choice of drizzle and drizzle over the frosted cake.

Cut the cake into quarters, then cut each square diagonally to get eight large triangles. For smaller servings, cut again to get sixteen pieces.

Nutrition Analysis (with Coconut Drizzle #1): 280 cal, 22 g fat, 25 mg chol, 95 mg sodium, 21 g carbs, 2 g fiber, 18 g sugar, 4 g protein.
Nutrition Analysis (with Coconut Drizzle #2): 280 cal, 21 g fat, 25 mg chol, 95 mg sodium, 22 g carbs, 2 g fiber, 19 g sugar, 4 g protein.

Lea Valle creates delicious Paleo recipes on her popular blog, paleospirit.com. Recipe reprinted with permission from Sweet Paleo: Gluten-Free, Grain-Free Delights, *by Lea Valle, The Countryman Press 2015.*

WHY DO ALL THESE COOKIE RECIPES HAVE WEIGHTS?

We know the holidays are prime gluten-free cookie baking season, and no one wants to pull dry, cracked, tough or shapeless cookies out of the oven. So we are including weights with these recipes to help ensure you'll have a platter filled with cookies worth all the time you put into making them.

Cooking is an art, but baking is a science. And gluten-free baking is even more difficult than standard baking.

Gluten isn't just something that makes you sick: It's what provides structure in baked goods. Baking without that essential element requires a very delicate balance of other ingredients that can help provide the missing structure and "normal" texture of gluten-containing cookies.

Unfortunately we all measure ingredients differently. Some of us spoon our gluten-free flours into measuring cups. Others pour. Others still dip their measuring cups into the container and level it off with a butter knife. A "spooned" cup will have a very different amount of flour than a more tightly packed "dipped-and-swept" cup. But no matter how you pour or scoop 5 grams of flour, it will always be exactly the same amount.

For this reason many professional bakers highly recommend investing in a kitchen scale. They're small, compact, lightweight and easy to store. You can generally find a scale for $30 to $40. It's a small price to pay to ensure your gluten-free baked goods come out exactly as they should.

Better still, weighing your ingredients is actually easier and dirties fewer dishes than your trusty measuring cups—simply use one bowl, dump in your flour until you hit the right weight and then press the "zero" button on the scale. Take your next ingredient, dump and zero. No using every measuring cup in your kitchen, no uncertainty and no mess.

Gingerbread Men Cookies

MAKES ABOUT 12 (5-INCH) COOKIES

Ingredients

- 3 cups (300 g) blanched almond flour
- 2 tablespoons (16 g) arrowroot flour, plus more for rolling
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon baking soda
- ½ teaspoon finely ground sea salt
- ¼ teaspoon ground cloves
- ½ cup molasses
- ¼ cup pure maple syrup
- 3 tablespoons coconut oil
- 1 tablespoon light or full-fat coconut or almond milk

Directions

Preheat the oven to 350° F. Line a baking sheet with parchment paper or a silicone mat.

In a medium-size bowl, combine all the dry ingredients.

In a saucepan, combine the molasses, maple syrup, coconut oil and coconut milk, and heat on low heat, stirring, until warm.

Pour the wet ingredients into the dry ingredients and mix well.

Form the dough into a disk, wrap in plastic wrap, and refrigerate for 10 to 15 minutes.

Roll out the dough between two sheets of parchment paper until about ¼ inch thick. (Sprinkle some arrowroot flour on the parchment paper as needed.) Cut the dough with your choice of cookie cutters and place about an inch apart on the prepared baking sheet.

Bake for 10 minutes. Transfer to a wire rack to cool, then decorate and serve.

Nutrition Analysis: 220 cal, 16 g fat, 0 mg chol, 170 mg sodium, 17 g carbs, 3 g fiber, 11 g sugar, 5 g protein.

Also reprinted with permission from Sweet Paleo: Gluten-Free, Grain-Free Delights, *by Lea Valle, The Countryman Press 2015.*



Snickerdoodles

MAKES 4 DOZEN COOKIES

Ingredients

- 475 grams All-Purpose Gluten-Free Flour Blend, recipe follows
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- ½ teaspoon kosher salt
- 8 tablespoons (115 grams) unsalted butter, softened, or coconut oil
- ½ cup (110 grams) vegetable shortening made without trans fats
- 1½ cups plus 3 tablespoons (300 grams) organic cane sugar
- 2 large eggs
- 1 large egg yolk
- 2 teaspoons vanilla extract
- 1 tablespoon ground cinnamon

Directions

In a large bowl, whisk together the flour blend, cream of tartar, baking soda and salt.

Add the butter to the bowl of a stand mixer with the paddle attachment. Put the shortening in with the butter and blend on medium speed until they are well mixed. Scrape down the sides of the bowl with a rubber spatula.

With the mixer running, add 1½ cups of the sugar and beat until the mixture is fluffy. Scrape down the sides of the bowl with a rubber spatula. With the mixer running, add the eggs and egg yolk, one at a time, waiting until each egg is fully incorporated into the dough before adding the next. Pour in the vanilla and mix until combined.

With the stand mixer running on low, slowly pour in the flour mixture, scraping down the sides of the bowl once in a while. Cover the bowl with plastic wrap and put it in the refrigerator for at least 3 hours and preferably overnight.

Preheat the oven to 350° F. Line a baking sheet with parchment paper.

Take the dough out of the refrigerator. Form small balls of dough, about 30 grams each.

Combine the remaining 3 tablespoons of sugar and the cinnamon in a small bowl. Dunk each ball of dough in the cinnamon sugar and roll it around.

Space the cookies 2 inches apart on the baking sheet. Put the baking sheet in the freezer for 15 minutes, then pull it out and immediately place it in the hot oven.

Bake until the cookies are flattened, crisp at the edges, and the tops have started to crackle, 10 to 15 minutes. Let the cookies cool on the baking sheet for 10 minutes, then move them to a wire rack and continue baking the rest of the cookie dough the same way.

Cook's tip: These cookies can be successfully made with all coconut oil. They spread a little more than the butter-shortening version, but they're just as delicious.

Nutrition Analysis: 100 cal, 4.5 g fat, 15 mg chol, 50 mg sodium, 14 g carbs, 0 g fiber, 6 g sugar, 1 g protein.



*Dairy free if made with coconut oil

All-Purpose Gluten-Free Flour Blend

MAKES 1000 GRAMS (1 KILOGRAM)

Ingredients

- 400 grams millet flour
- 300 grams sweet rice flour
- 300 grams potato starch

Directions

Put the flours and starch in the bowl of a food processor or stand mixer with the paddle attachment. Whirl them together until they are one color. Store in a large jar or container.

James Beard award winner Shauna James Ahern is the author of several cookbooks and the founder of glutenfreegirl.com. Recipe excerpted from Gluten-Free Girl American Classics Reinvented, *© 2015 by Shauna James Ahern. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved.*
Photography © 2015 by Lauren Volo.

Black-Eyed Susans

MAKES 8 SERVINGS

Cookies

Ingredients

- 1 cup (120 g) cashew meal
- 1 cup (120 g) almond flour
- 4 teaspoons pure maple syrup
- 2 tablespoons organic palm shortening
- ½ teaspoon pure vanilla extract
- ¼ teaspoon salt
- ½ teaspoon baking soda

Filling

Ingredients

- ¼ cup (38 g) dairy- and soy-free dark chocolate chips
- 2 tablespoons full-fat coconut milk
- 2 tablespoons palm shortening

Directions

Preheat the oven to 350° F.

To make the cookies, combine all the ingredients in a blender or food processor. Blend until well combined.

Roll 1 tablespoon of dough into a ball, place on a parchment-lined baking sheet, and press the ball of dough in the center, creating a reservoir to hold the filling. Repeat with the remaining dough.

Bake for 10 minutes, remove the cookies carefully from the oven and allow them to cool for 5-10 minutes. You might need to press slightly on the centers of the cookies if they filled in or puffed up while baking.

To make the filling, melt the chocolate chips and coconut milk in a small saucepan over medium heat for about 4 minutes, stirring continually. Be careful not to burn the chocolate. Remove it from the heat as soon as it is melted and the coconut milk is incorporated well.

Add the shortening and stir well. Allow to cool slightly so it can firm up, about 5 minutes.

Place the filling in a pastry bag or a sandwich bag with the tip cut off and pipe about 1 teaspoon into the center of each cookie. Serve right away or store in an airtight container.

Cook's tip: To make your own cashew meal, grind whole cashews in a food processor, pulsing until a fine powder.

Nutrition Analysis: 280 cal, 24 g fat, 0 mg chol, 160 mg sodium, 14 g carbs, 3 g fiber, 6 g sugar, 6 g protein.

Jennifer Robins is the recipe developer behind the popular blog predominantlypaleo.com. Recipe excerpted from Down South Paleo *by Jennifer Robins, courtesy of Page Street Publishing.*



Chocolate Snowflake Cookies

MAKES ABOUT 2½ DOZEN COOKIES

Ingredients

- 1⅓ cups (300 grams) granulated sugar
- ⅓ cup canola oil
- 3 large eggs, room temperature
- 3 ounces unsweetened baking chocolate,* melted until smooth
- 1¼ cups (180 grams) brown rice flour
- ¼ cup (35 grams) tapioca starch
- ¼ cup (45 grams) potato starch
- ⅓ cup (35 grams) unsweetened natural cocoa powder
- 1½ teaspoons corn-free baking powder
- ½ teaspoon guar or xanthan gum*
- ¼ teaspoon sea salt
- ½ cup corn-free powdered sugar for rolling

Directions

In the bowl of your electric mixer fitted with paddle attachment, mix the sugar and oil for approximately 1 minute or until the sugar looks like wet sand.

Add 1 egg at a time, mixing briefly before adding the next. When all eggs have been added, mix for 1 minute or until the mix looks smooth and yellow. Scrape the melted chocolate into the bowl and mix on medium speed for 1 minute or until thoroughly incorporated.

In a small bowl, mix the brown rice flour, starches, cocoa powder, baking powder, guar or xanthan gum, and sea salt to evenly distribute the ingredients.

Add the dry ingredients to the chocolate mixture and mix on low for 1-2 minutes or until you have a thick, thoroughly mixed chocolate dough. The dough will look a bit soft and sticky at this point. Cover the mixing bowl with plastic wrap and place in the refrigerator for 1 hour.

After chilling, preheat the oven to 350° F and line a sheet pan with parchment paper. Place the powdered sugar in a small bowl.

Working with 1 tablespoon of dough at a time, roll the dough into a ball and then roll in the powdered sugar to thoroughly coat. Place on the prepared baking sheet.

Bake in center of preheated oven, 10-12 minutes. Let cool on a wire rack.

Nutrition Analysis: 120 cal, 4.5 g fat, 20 mg chol, 25 mg sodium, 20 g carbs, 1 g fiber, 11 g sugar, 2 g protein.

Recipe by Terris Cleary, a graduate of the California Culinary Academy, who has celiac disease and whose son has multiple food allergies. She blogs about gluten-free, allergen-free recipes at freeeatsfood.com.



PHOTO BY TERRIS CLEARY

*Baker's brand unsweetened chocolate baking squares do not contain corn ingredients. Hain Baking Powder does not contain cornstarch.

Oh! Christmas trees!

KIDS WILL LOVE MAKING THESE HOLIDAY TREATS AS MUCH AS EATING THEM

RECIPE AND PHOTOS BY CARA REED





Don't let the holidays get overrun by your to-do list. Set aside a little time to make these cute Christmas tree piñatas for your children or with them.

You can assemble the piñatas beforehand and watch with sheer delight as the kids open their cones to find a secret stash of candy and treats. Or let the children be a part of the building, decorating and filling. The end result might not be as perfect as if you do it yourself, but the fun you'll have creating this seasonal, edible craft together matters more.



Christmas Tree Piñata Cones

MAKES 3 PIÑATAS

Ingredients

- Green all-natural food coloring
- ½ cup gluten-free white chocolate, melted
- 3 gluten-free, sugar ice cream cones, such as Joy or Goldbaums
- Green sprinkles/sugar crystals, optional
- Variety of small gluten-free candy or other treats
- 3 small, ready-made or homemade round gluten free cookies, roughly the same size as the top of the cones

Directions

Stir food coloring into the melted white chocolate until evenly mixed.

Gently coat each cone with the green white chocolate using the back of a spoon. Make sure the cone is completely covered, being careful not to break it.

Dust with green sprinkles or sugar crystals, if desired, to add more color to the trees. Top with a round candy.

Place on a baking sheet with parchment paper and freeze until set.

Spread the remainder of the white chocolate around the edge of the cookies.

Fill the cones with gluten-free candy or treats and place the cookie on top to secure. Flip the cone so the cookie is on the bottom of the tree and allow to set.

Break open and have fun eating.

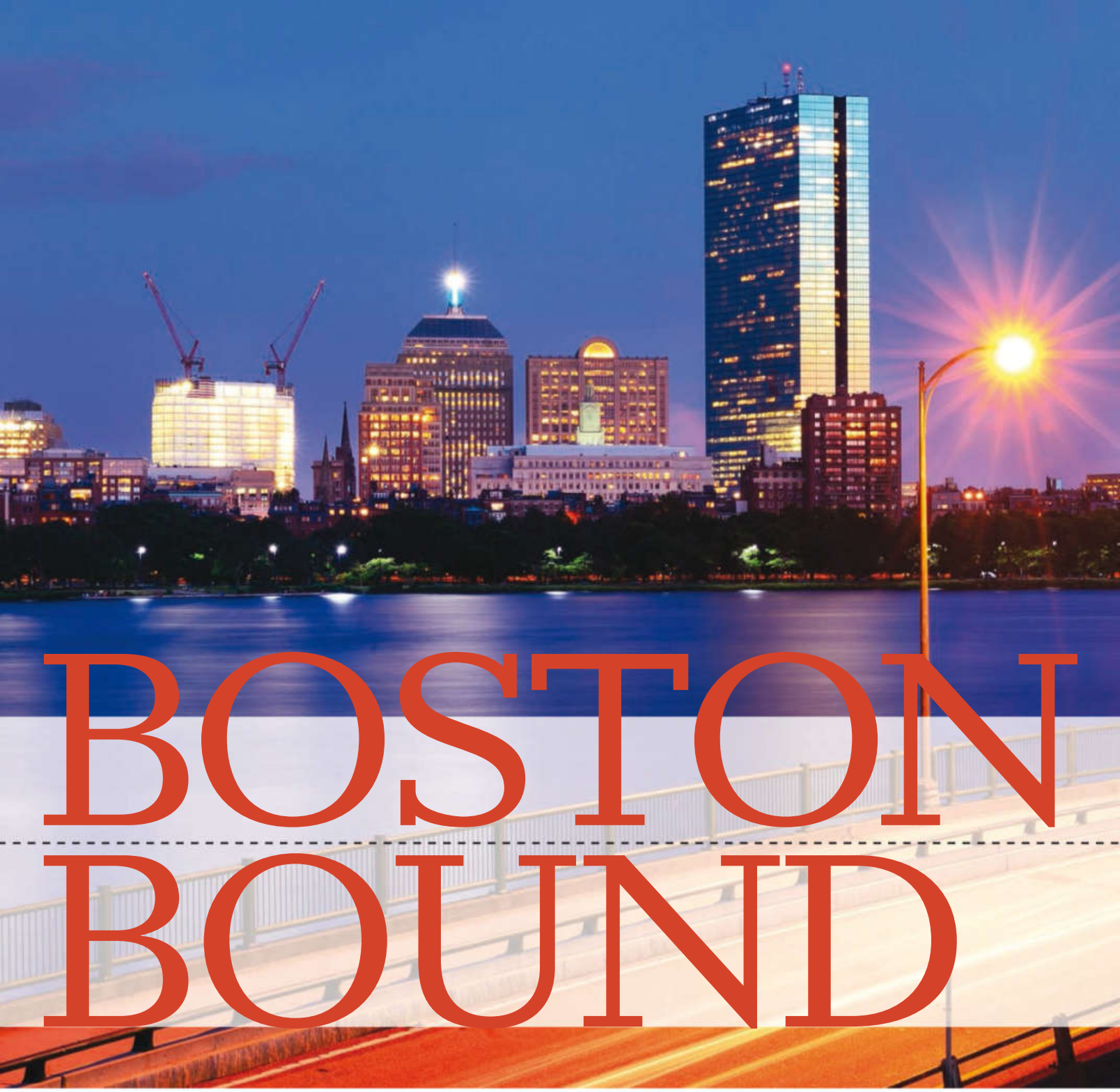
Nutrition Analysis: 280 cal, 13 g fat, 20 mg chol, 90 mg sodium, 39 g carbs, 1 g fiber, 26 g sugar, 3 g protein.

Cara Reed is the creator of Fork & Beans, forkandbeans.com, where she shows people with food allergies that food can still be fun, creative and tasty. She is also the author of the cookbook Decadent Gluten-Free Vegan Baking. *She developed the recipe for Silly Face Hummus Wraps featured on the cover of* Gluten-Free Living's *September/October cover.*









BOSTON BOUND

As a former New Yorker who only had a New York state of mind and a wariness of anything smaller, moving to the outskirts of Boston came with reservations. But after living here for more than 10 years, I've become so fond of this great city I can't imagine leaving it. I've also found a whole new playground.

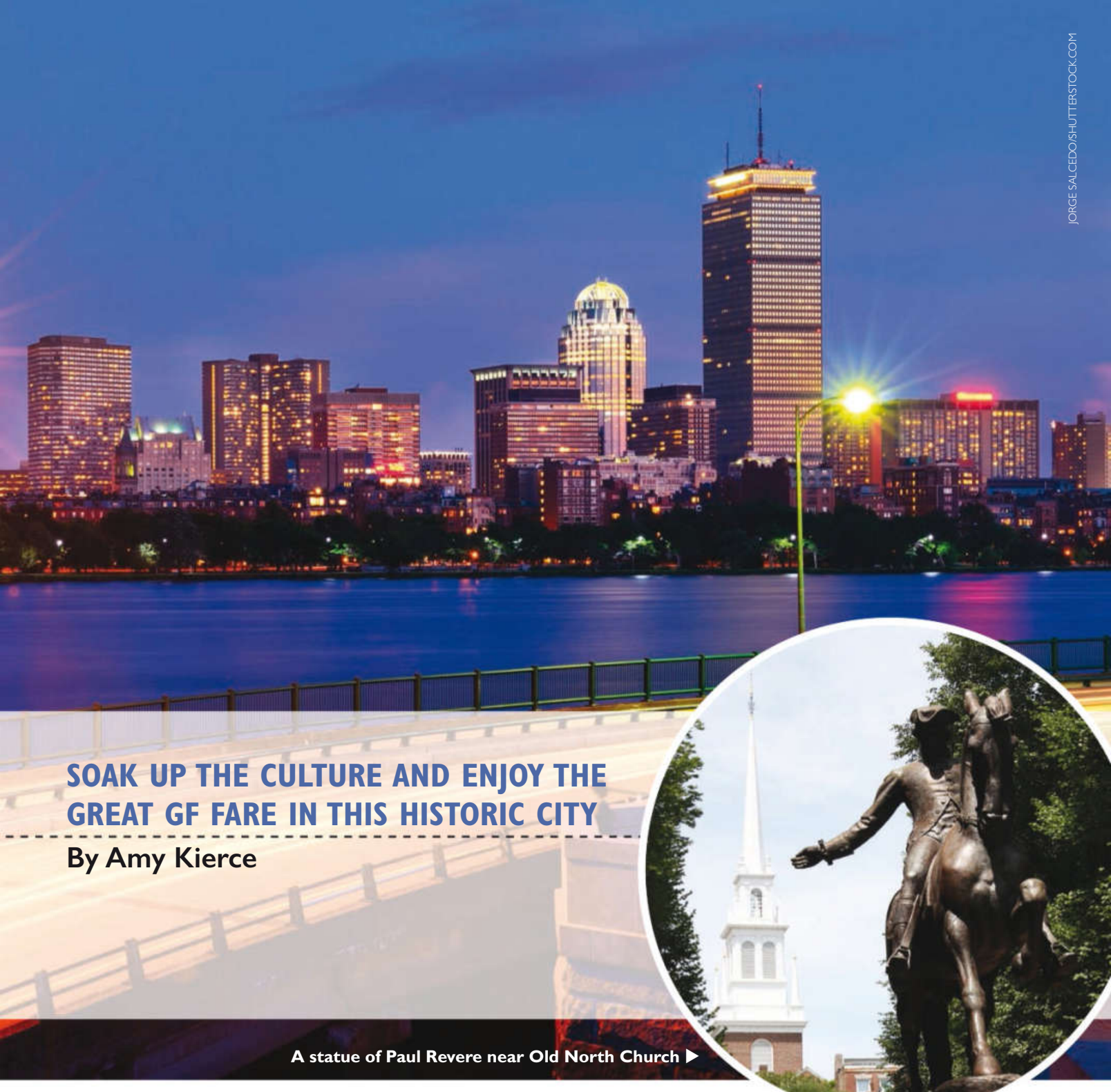
Boston is hip and historical, but here's what I love the most: It's adored by its people and it nourishes its past. Beyond all the quaint brick from Paul Revere's time and elegant willow trees draping over the pond in the Public Gardens and eclectic shops on Newbury Street, it's got a riveting culture with exciting museums, history that's still alive, family-fun tours, a thriving Chinatown and Little Italy and wonderful restaurants that offer gluten-free menus.

But my true love for Boston makes me think the real draw of a great city is its personality. Certain special cities emit such a palpable sense of self that it leaves an imprint upon a newcomer's heart, going way beyond the thrill of being in a busy metropolis.

WHO IS BOSTON?

Boston residents are not shy in relating chest-thumping passion for their town. This loyal fondness runs deep and is affectionately shown through the many pet nicknames the city has cultivated over the years.

There's the famous Beantown, which hails from its New England association with baked beans. For the sports-minded, Boston has re-



JORGE SALCEDO/SHUTTERSTOCK.COM

SOAK UP THE CULTURE AND ENJOY THE GREAT GF FARE IN THIS HISTORIC CITY

By Amy Kierce

A statue of Paul Revere near Old North Church ▶

cently been renamed Titletown, inspired by a few long-awaited sports championships. Of course the nickname Cradle of Liberty makes sense, and modern media seems to have sided with the Hub, a shortened form of a phrase first coined by writer Oliver Wendell Holmes, calling the city "the hub of the universe." That same pride is very much alive today.

But you don't have to live in Boston to enjoy all it has to offer. Visitors come year round to take in the sights and enjoy the city's many fine restaurants, including out-of-town guests who are gluten free.

WHAT'S GOING ON IN BOSTON NOW?

Winter in Boston, especially in December, means the Pops. Seeing the Boston Pops play on their home stage at Symphony Hall on "Mass. Ave." in Boston's lovely Back Bay neighborhood never disappoints. They also play at other venues. Performances are filled with holiday music favorites, the traditional Pops sing-a-long and a visit from jolly old Santa Claus.

If you're visiting for New Year's, lucky you. First Night Boston is the oldest, largest and most elaborate New Year's Eve party of this type in the United States. It started in 1976, a year of some historical note in Boston. It's a nonalcoholic, 11-hour event designed to entertain the family, offering two firework shows along with a grand procession parade down Boylston Street. There's live music and family-friendly activities such as the now-famous ice sculptures carved on the spot by artists.

Whether the weather is cold or warm, you'll want to follow the path that Boston is famous for: the Freedom Trail. It's a 3-mile walking tour around the heart of historic Boston. The

path wends through sites mainly related to the American Revolution and is marked by a red line painted or bricked into the sidewalk. It begins in Boston Common and ends at Charlestown at the Bunker Hill Monument, where you can climb 294 steps to the top. There is no elevator in the monument, but the view of Boston is worth it.

A possible game plan: Depending on how much detail you want and how young the participants, focus on certain areas of the Freedom Trail, such as the North End. Salem Street houses the Old North Church—"one if by land, two if by sea." Its steeple is the tallest in Boston, and Paul Revere was a neighborhood bell ringer. His home, in North Square on the Trail, is a dark wooden house with a projecting second story. The building has been restored to show how it appeared when he lived there with his family.

Since you're already in the North End, you might as well enjoy the cuisine the North End is known for: Italian food and sweets. Take a walk down quiet, one-lane Salem Street, and you might just have the same experience I did. I couldn't help but notice the scent of homemade "gravy," as tomato sauce is sometimes called, coming from the restaurants. Entranced, I walked down this charming street, listened to conversations in Italian and peeked in coffee shops that smelled of freshly ground beans.

In discovery-mode, I happened upon Lulu's Sweet Shoppe and inquired about gluten-free cupcakes. I was asked if I had an allergy and was told wheat flour is used in the shop, but dedicated baking pans and specific utensils are used to make the gluten-free cupcakes. This arrangement gave me the confidence to order a chocolate cupcake. The server wore food gloves, and the cupcake came in a closed plastic container. Outside the shop, I took a bite. The cupcake was so seriously delicious my eyes watered.

I might have had dessert first that day, but if you're hankering for an Italian meal in a beautiful restaurant, try Mamma Maria, at 3 North Square in the North End. The restaurant doesn't offer a gluten-free menu per se, but I was assured that many of the dishes are gluten free and every order is cooked separately. Simply communicate your needs to the server. Mamma Maria has a "smart casual" dress code and offers gluten-free pasta.

Gluten-free diners should be sure to try Nebo Cucina & Enoteca on Atlantic Avenue on the edge of the North End. Local gluten-free foodies are humming about this eatery. I was especially taken by the restaurant's gluten-free zucchini lasagna, a *Bobby Flay Throwdown* winner. The impressive gluten-free menu is offered beginning at 4:30 p.m. The restaurant's outdoor dining area and the interior industrial decor with original structural beams and brick vaulted ceilings will catch your eye as much as the menu.



Buttermilk Tempura Fried Chicken at Blue Dragon

CAVIAR AND DEER DRIFTER PHOTOGRAPHY



Mexican corn at Back Deck

And since desserts are on everybody's mind, Mike's Pastry, also in the North End, is a must. His gluten-free confections include crème brulee—my personal favorite—as well as black and white cookies, whoopie pies and macaroons. He has a second location in Harvard Square, which is in Cambridge.

FENWAY PARK

If you want to know Boston, a trip to Fenway Park will seal the deal. Do a tour during colder months or catch a game during baseball season. Visit in the summer and you can walk around Yawkey Way pre-game. Win or lose, you'll experience Boston's iconic allegiance to the Red Sox. As a gluten-free diner, you'll be able to savor the ubiquitous stadium hot dog on bun—gluten free, that is.

Both my son and I have gluten sensitivity, so we really enjoyed the gluten-free hot dog and a gluten-free whoopie pie sold at the gluten-free umbrella stand in Home Plate Concourse. For gluten-free pizza, find one of four food court locations: Home Plate Deck, Home Plate Concourse, Big Concourse and the Pavilion. For a gluten-free cold one, there are six gluten-free beer locations around the food court area. Food is sold only during the season.

Play ball!

Where to go and what to eat

BOSTON OFFERS A VARIETY OF EATERIES AND ACTIVITIES. HERE ARE A FEW:

→What to do

BosTix, tickets for theater, music, dance and comedy

- Kiosk in Copley Square, on the corner of Boylston and Dartmouth Streets near the Copley and Back Bay T stops. The closest parking is at Copley Place Parking or Dartmouth Street Parking.
- Kiosk in Faneuil Hall Marketplace, adjacent to Faneuil Hall and a short walk from the Haymarket and State Street T stops. The closest parking is at 75 State Street or the Government Center Garage near Haymarket.
- Bostix.org
- Boston.broadway.com

Duck Boat Tours
Buy tickets for and board a Duck Boat at these three locations:

- Boston Museum of Science, 1 Museum of Science Driveway, Boston
- New England Aquarium, 1 Central Wharf, Boston
- Prudential Center, 800 Boylston Street, Boston

Bostonducktours.com

Boston Commons
139 Tremont Street, Boston
cityofboston.gov/freedomtrail/bostoncommon.asp

Boston Frog Pond
139 Tremont Street, Boston
Bostonfrogpond.com

Boston Public Gardens
4 Charles Street, Boston
cityofboston.gov/parks/emerald/Public_Garden.asp

Boston Museum of Science
1 Museum of Science Driveway, Boston
mos.org

Boston Pops
Symphony Hall, 301 Massachusetts Avenue, Boston
bso.org

Boston Tea Party Ships & Museum
Congress Street Bridge, Boston,
bostonteapartyship.com

Faneuil Hall Marketplace
4 South Market Street, Boston
faneuilhallmarketplace.com

Fenway Park
4 Yawkey Way, Boston
Boston.redsox.mlb.com

Freedom Trail
Cityofboston.gov/freedomtrail

Isabella Stewart Gardner Museum
25 Evans Way, Boston
Gardnermuseum.org

Museum of Fine Arts
465 Huntington Avenue, Boston
mfa.org

New England Aquarium
1 Central Wharf, Boston
neaq.org

Old North Church
193 Salem Street, Boston
Oldnorth.com

Old South Meeting House
310 Washington Street, Boston
oldsouthmeetinghouse.org

Paul Revere's House
19 North Square, Boston
paulreverehouse.org

→Where to eat

Back Deck
2 West Street, Boston
backdeckboston.com

Blue Dragon
324 A Street, Boston
ming.com/blue-dragon.htm

Blue Ginger
583 Washington Street, Wellesley
ming.com/blue-ginger.htm

Henrietta's Table
1 Bennett Street, Cambridge
henriettastable.com

Legal Sea Foods
255 State Street, Boston
legalseafoods.com/restaurants/boston-long-wharf

Mamma Maria
3 North Square, Boston
mammamaria.com

Mother Juice Boston
625 West Kendall Street, Cambridge
motherjuiceboston.com

Nebo
520 Atlantic Avenue, Boston
neborestaurant.com

Tapeo
266 Newbury Street, Boston
tapeo.com

BAKERIES

Georgetown Cupcakes
83 Newbury Street, Boston
georgetowncupcake.com/hours_locations.html

Lulu's Sweet Shoppe Boston
57 Salem Street, Boston
lulussweetshoppeboston.com

Mike's Pastry
11 Dunster Street, Cambridge
300 Hanover Street, Boston
mikespastry.com

→Train Transportation

The T
mbta.com



The piano at Quincy Market

MORE GF CHOICES

I've watched over the years as Boston restaurants have become more and more accessible to those with gluten-free needs. In particular my family enjoys Tapeo, a tapas restaurant with a Spanish flair on happening Newbury Street.

When strolling the Public Gardens you can access Newbury Street along Arlington Street. And by the way, Newbury Street is where it's at for people-watching and window shopping. You'll find artful displays, from Tiffany's to vintage clothing shops. The street is lined with brownstones that create an ambience only beautiful architecture inspires.

We visit Tapeo during the winter—and love the upstairs fireplace—or during the summer to eat on the patio under an umbrella. Tapeo offers a gluten-free menu with plenty of choices. Our favorites: duck with berry sauce, rice and beans, scallops with saffron cream and lamb chops with apricot sauce.

After a full dinner we like to walk a bit, which means we often end up at the popular Georgetown Cupcakes, also on Newbury Street. They bake gluten-free cupcakes with dedicated pans and utensils and offer one gluten-free flavor a day.

I wanted to know about cross-contamination, and when I gave my order for a gluten-free cupcake, the cashier asked me if I had an allergy. This seems to be the way servers try to distinguish those who must follow the diet from those who choose it, and a specific plan is in place for patrons who need gluten-free food. The woman responsible for getting my cupcake changed her gloves before handling mine and marked my box "gluten free." I sampled the shop's fabulous chocolate lava cupcake and, on another visit, the caramel cupcake, scarfing down both with no shame and ample finger licking.

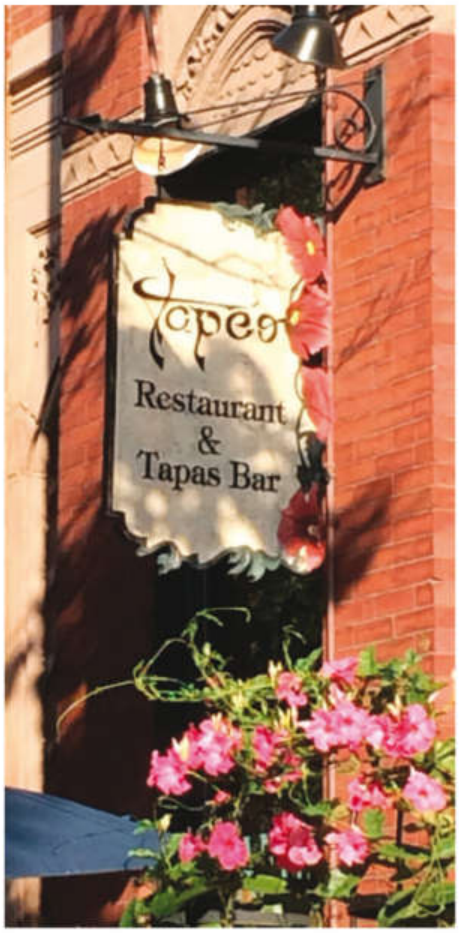
A BOSTON FAVORITE: GREAT CHINESE FOOD

When I went gluten free, I immediately missed Chinese food. The timing was such that gluten-free soy sauce was not accessible, and the restaurants I frequented weren't yet creating dishes with gluten-free needs in mind.

However, it thankfully wasn't long before someone recommended the delicious Blue Ginger in Wellesley, a lovely town just outside Boston. The owner, Ming Tsai, also opened a tapas-style Asian gastro-pub, Blue Dragon, in South Boston on the corner of A Street and Melcher Street.

"Gluten-free dining should never have to sacrifice flavor," says Tsai, a celebrity chef and TV host. "Both my restaurants, Blue Ginger and Blue Dragon, have specifically developed gluten-free menus. Nothing is dumbed down; it is still great-tasting food."

The gluten-free menus feature items including Sake-Miso Marinated Sablefish at Blue Ginger and Buttermilk Tempura Fried Chicken at Blue Dragon, both favorites on the traditional menu, too. What's more, Tsai makes gluten-free dining effortless with the training he provides to his wait staff.



"It's a way of life here," says Tsai. "It's a level of service that we will never waiver from because, for us, everyone should be able to have a safe and enjoyable dining experience."

As a gluten-free diner, I'm grateful for the exquisite gluten-free foodie adventure and the extra mile taken: Tsai uses his *Food Allergy Reference Book* as the backbone of his allergy and gluten awareness program. The book lists the ingredients in every dish, noting allergen and gluten content. This handy resource helps the restaurants recommend or tweak dishes on any menu to address specific dietary concerns.

GET YOUR TOURIST HAT ON

If your travel party is eager to hit the sites and the kids get to pick first, they might clamor for the New England Aquarium near the Long Wharf. Here's a great plan: Head to the aquarium in the morning—it opens at 9 a.m., don't miss the touch tank—then enjoy a gluten-free lunch at Legal Sea Foods, right across the street from the aquarium. It's a great way to enjoy the famous seafood of Boston—fried, too. Hats off to their dedicated gluten-free fryer and gluten-free menu.

After fortifying everyone, keep the explorations going by taking a 10-minute walk to the nearby Quincy Market and Faneuil Hall in the heart of downtown Boston. Traveler's note: You might want to turn on the walking mode of your GPS about now since the streets of Boston tend to have a mind of their own, one of the city's quirks that can frustrate residents and visitors alike. Plug in this address to get to the market area: 4 South Market St.

Even without GPS, not to worry, you won't miss Quincy Market with its large Grecian-Doric columns at each end. Inside there's a bustling food court, but I found the gluten-free pickings were slim for a meal or even a snack. I could've gotten a salad, but I chose a nice cup of tea and enjoyed sipping while strolling around. I loved the piano that was there for anyone to play, and the areas outside Quincy Market were teeming with street performers accustomed to charming visitors.

You'll also find little shops and carts to buy Boston "stuff" while walking on cobblestone. Faneuil Hall, the historic site where the first meeting was held to protest the tea tax, is right nearby.

SPEAKING OF TEA...

True or false: Next on your Boston to-do list should be a boring trip to a museum where you can sit and stare at a screen that monotonously tells you in a droning tone about the Boston Tea Party.

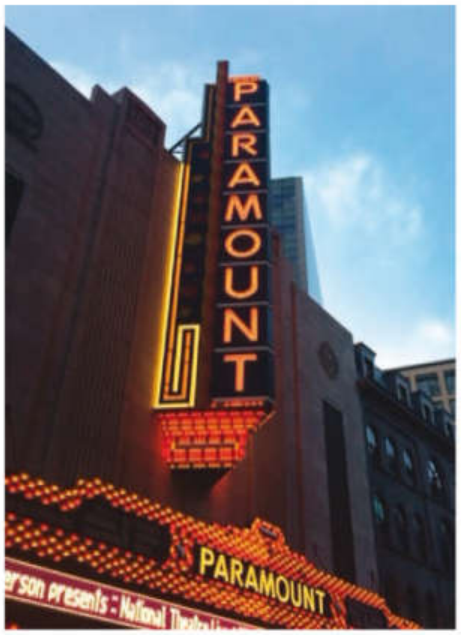
No problem getting that answer correct. Boston is skilled at making history come alive. Aboard the Boston Tea Party Ships and Museum at the Congress Street Bridge you'll meet the colonists, explore authentically restored tea ships and dump tea overboard just as the Sons of Liberty did on that fateful night of Dec. 16, 1773.

In fact each Dec. 16 this floating museum re-enacts the Boston Tea Party itself. The Old South Meeting House, where more than 5,000 colonists debated the tea tax in 1773, is nearby. Both are remarkable sites dedicated to telling a "multi-sensory" story about the famous event that changed the course of American history. The Boston Children's Museum is very close, but if you'd like to stretch your legs, it's also a doable walk to Boston Common and the Public Garden.

NOT TO BE MISSED

Boston Common is the starting point of the Freedom Trail and the oldest park in the country. Cattle once grazed on the Common, but today its 50 pastoral acres host summer concerts and plays, quiet picnics and walkers out to enjoy a breath of fresh air, even during the winter.

Sure the occasional Nor'easter swoops into town, but the New England chill also offers something magical: Boston Common's Frog Pond is opened for outdoor ice skating. That same pond is used as a spray pool in the summer, with a nearby carousel that opens in April, so depending on when you're visiting, be sure to put the





Common on your list along with its neighbor, Boston's Public Garden. It doesn't seem there's much you can safely rely on to be gluten free at the café near the Frog Pond, so steer clear of that.

The Garden is a smaller setting but just as beautiful, and it's there you'll find two of Boston's most beloved sites. The elegant, slow-riding Swan Boats open faithfully every spring and have been in service since 1877. The famous *Make Way for Ducklings* ducks waddle in the Garden near Charles and Beacon Streets. In fact the brass statue of Mrs. Mallard and her eight ducklings is one of Boston's top 10 attractions. During the winter when Boston's hockey team is doing well, you might even find them dressed in miniature Bruin uniforms.

ON LAND AND WATER

If you're enjoying a lovely day in Boston and snow or rain clouds suddenly appear, and you've got kids in tow, high-tail it to the Boston Museum of Science. I've enjoyed many hours there, either under the domed IMAX Theater watching well-done movies about dinosaurs, space, the oceans, you name it, or walking through special exhibits such as Harry Potter's movie paraphernalia or the Dead Sea Scrolls. Well worth it. What's more, you can pick up a Duck Boat just outside.

Another great way to see Boston, rain or shine, is aboard a Duck Boat, where you can glide by Boston in a comfy-enough seat with a roof over your head. On its continuous, 80-minute ride you'll get an overview of the city with about 30 sites, many along the Freedom Trail. The Duck Boats are sturdy, WWII-style vehicles that go on both land and water. Each has a humorous conductor who narrates your tour.

And just when you think you've seen it all, the Duck Boat splashes into the Charles River and shows you the Boston and Cambridge skylines. Children are often selected and allowed to steer. The Duck Boats depart daily until Nov. 30, and on Friday, Saturday and Sunday in December. You'll also find a Duck Boat at the Prudential Center and the New England Aquarium.

WHERE TO EAT IN THE THEATER DISTRICT

Got a pen? Back Deck is our new family favorite in Boston's glittery Theater District. I'm here to report the restaurant's gluten-free burger buns stayed together until the last bite of burger was gone. And vegetarians can order a tasty, gluten-free chick-pea burger. If you're on Washington Street and see the colorfully lit Paramount Theatre and then the Boston Opera House, you're close to Back Deck, which is near Downtown Crossing, the one T location in Boston where *all* the trains stop.

But my biggest happy dance: Our waiter at the Back Deck told us the restaurant keeps part of its grill gluten free, and the fryer is only used for real potatoes for fries and kids' chicken tenders made only with rice flour. Thrilled to the core, I thanked him profusely, and I swear he blushed at all my gluten-free enthusiasm.

My favorite breakfast spots are Mother Juice Boston and Henrietta's Table. Both are in nearby Cambridge, over the Charles River from the city. Mother Juice Boston is gluten and dairy free. I'll repeat: entirely gluten and dairy free. The restaurant serves fresh juices, sandwiches, avocado toast and a hummus plate with a gluten-free pita. Henrietta's Table offers a gluten-free menu for breakfast, lunch and dinner, something I don't see that often in Boston.

CULTURE, PLEASE

The Museum of Fine Arts and the Isabella Gardner Museum offer a peek into the art world on two different scales. The MFA is a grand mecca offering everything you could imagine in a big-city art museum. "The Gardner" is modeled after a 15th-century Venetian palazzo surrounding an interior courtyard garden and houses a remarkable art collection, too. In celebration of the museum's founder, all who are named Isabella are admitted free. The Gardner Museum is also the spot where, in 1990, 13 renowned paintings were stolen in the museum's much talked about art heist, including works by Vermeer, Rembrandt, Manet and Degas. They're still missing, and empty frames where the paintings once hung remain in hope they'll one day return.

When cultural stimulation makes you hungry, visit the museum's Café G, with its always-changing menu that offers recipes that reflect the museum's art and music. Café G doesn't have a gluten-free menu, but there are items on the menu that can be served gluten free. To see if this is a good fit, download the current menu from the website before you go.

HOW TO FIND EVERYTHING?

Boston's answer to a subway is affectionately called "the T." Your best bet for traveling in Boston is a planned-out combination of the T and walking. Train tickets can be purchased at the stations. Parking can get dicey and pricey; you could pay around $20 an hour or more. Cabs are not abundant. Plan your destinations well, and you can make a great day of it with the trains and walking. Do you bike? Boston has bike rentals throughout the city.

Above all, enjoy your trip to the most-wicked-awesome-city-*evah*. Go Sox! **GF**

Amy Kierce is a writer who adores living in New England. Her blog, Circa-77, can be found on amykierce.com. She is making final edits on her debut novel, Ghostwriter, and is the proofreader for Gluten-Free Living.

Simpler fare

TWO COOKBOOKS TO HELP GET YOU THROUGH THE COLD WEATHER

BY AMANDA RATNER

This season can be stressful if you're in charge of preparing holiday dinners for your family and friends. After putting energy into deciding what to make for Thanksgiving, Christmas or Hanukkah and taking on some more elaborate entrees and desserts, you're probably happy to find easier recipes for the rest of winter.

To help with ideas, we reviewed two cookbooks, one that focuses on delectable baked goods with foolproof instructions and another with simple recipes that feature unprocessed foods. Your warm kitchen will be filled with delicious smells and tastes through the cold weather with either on your cookbook shelf.



Pecan-Crusted Chicken

The How Can It Be Gluten-Free Cookbook Volume 2

By America's Test Kitchen

(America's Test Kitchen, 2015)

The second edition of the America's Test Kitchen gluten-free cookbook includes more than 180 recipes and a new whole-grain flour blend. The recipes go through rigorous rounds of testing from the editors, and their notes are included so you can understand the science behind each step and why each ingredient is included. As in other America's Test Kitchen books, the editors also tried out and evaluated store-bought flour blends and foods. It's always interesting to see which brands get their top rating and which ones are not recommended.

America's Test Kitchen is a 2,500-square-foot kitchen where more than four-dozen test cooks, editors and cookware specialists develop and test recipes. Its recipes and reviews are found in magazines, a public television series, a radio broadcast, online and in books.

Most of the recipes in the new edition call for the book's whole-grain or all-purpose flour blends. The editors share a dozen tips for using the blends to achieve the best results, such as "proofing" the dough by letting it rise quickly in the oven versus a traditional long rise. They also give troubleshooting tips to help solve common problems that arise with gluten-free recipes. For example if a cake is too gummy, they recommend baking the dough for a longer time at a lower temperature and swapping out some of the liquid for sour cream.

The recipes in the cookbook are heavy on carbohydrates and baked goods, which is what America's Test Kitchen does best when it comes to gluten free. Recipes are broken into categories for breakfast, grains, comfort foods, bread, pizza and crackers, cookies and bars, pies and tarts, fruit desserts and cakes.

Recipes using the whole-grain blend include Whole-Grain Pancakes, Whole-Grain Chai Spice Bread, Whole-Grain Sandwich Bread, Whole-Grain Walnut-Cherry Boule, Whole-Grain Pecan Bars, Whole-Grain Cherry Crisp and Whole-Grain Apple Upside-Down Cake. The all-purpose flour blend is the same combination used in the first edition. New recipes using this blend include Yeasted Donuts, Baguettes, Bagels, Classic Cheese Pan Pizza, Peanut Butter Sandwich Cookies and Strawberry Shortcakes.

The step-by-step instructions in every recipe are incredibly detailed, which means it's best to read them carefully before starting. But this also makes it easier to understand exactly what to do. There is never any question about what order to mix the ingredients or what time to turn on the oven. Each recipe also has a picture of the finished meal, and some of the recipes also include step-by-step picture instructions.

I tested a number of the America's Test Kitchen recipes using a process that was a bit less rigorous than the one the editors use, assuming they had already done much of the work. I still had many of the ingredients for the baked good recipes on hand from the time I tested the first edition. Many of the baked good recipes for America's Test Kitchen use similar flours and leavenings, so though some of the ingredients can be expensive and difficult to find, you will be able to use them for multiple recipes.

I did approach the Yeasted Donuts recipe with a bit of trepidation. I've tried, and failed, to fry foods before, so I was apprehensive about making these. I pre-measured all of the ingredients and read the instructions a few times beforehand to help make the process easier.

Actually the donuts were surprisingly simple to make and fried very quickly and evenly. The recipe includes three types of leavenings—baking powder, baking soda and yeast—so they did have a strong yeast flavor when I tasted a plain one. But when I coated the donuts with powdered or cinnamon sugar, that wasn't a problem anymore. You'll enjoy the traditional donut taste, especially if you haven't had fresh, hot donuts in a while.

Rice, oats, buckwheat, quinoa, millet and polenta are featured in the grain section. Recipes range from side dishes, such as Coconut Rice with Bok Choy and Lime or a Rainbow Quinoa Pilaf, to complete meals, such as Brown Rice Bowls and Millet Cakes with Spinach and Carrots. Comfort foods include Buffalo Chicken Wings, New England Clam Chowder, Pecan-Crusted Chicken, Chicken Parmesan, Batter-Fried Fish and Vegetable Lasagna.

The Pecan-Crusted Chicken is simple to prepare, even though it includes more steps than typical breaded chicken. You crush the pecans and sauté the shallots before adding them to the breading, which has a great zesty flavor. I found that little bit of extra work well worth it when I made the recipe. The editors also include instructions to help the breading cling to the chicken to get an even, crispy crust.

Seventy-five recipes suggest substitutions that make them dairy free, too. Included are Whole-Grain Pancakes, Coconut Cashew Muffins, Whole-Grain Chocolate Chip Cookies, French Apple Tart and Lavender Tea Cakes. Nutritional information for all recipes is listed at the end of the book for those watching calories, sodium, fat and cholesterol.

Although the second edition has many new recipes, there is a bit of overlap with the first. Recipes that were previously made with the all-purpose blend have been reformulated for the whole-grain blend. Both books include recipes for pancakes, blueberry muffins, pot-pies, lasagna, sandwich bread, dinner rolls, pie shells and tart shells. If you already own the first version, you may not need the updated book unless you really want to use a whole-grain flour blend or if you're looking for recipes that are gluten and dairy free.

The standout recipes in *The How Can It Be Gluten-Free Cookbook 2* are the ones that use the book's own flour blends. If you've never been able to find a really good donut recipe, America's Test Kitchen breaks down the steps to make it nearly foolproof.

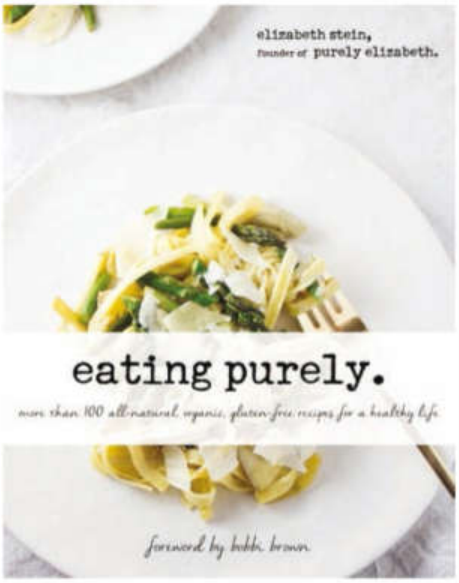
Tips and tricks:
Ease of recipes:
Variety of meals:
Overall impression:

Eating Purely
By Elizabeth Stein
(Skyhorse Publishing, 2015)

The founder of Purely Elizabeth, a food company best known for its granola, created more than 100 gluten-free recipes for her first cookbook.

Elizabeth Stein's personal eating philosophy focuses on natural, unprocessed foods. Her principles, which are the basis for the recipes in the book, include eating organic foods, focusing on plant-based foods, removing sugars, trans fats, wheat and dairy and adding antioxidants and Omega-3s to recipes. Stein also shares her kitchen staples and her favorite brand for each pantry item.

Eating Purely recipes are minimalist, with just a short note and picture accompanying each one. Stein also mixes in pages that focus on one particular ingredient. Examples include a focus on cheese where Stein details her three favorite types of cheese, a list of her top 10



superfoods and a page on protein that shows how much protein certain types of vegetables and carbohydrates contain.

The recipes start with appetizers, which are made using a wide variety of ingredients and would also be great for breakfast, lunch or snacks. Starter recipes include Brussels Sprouts and Apples on Skewers, Vegetable Rolls with Spicy Nut Sauce, Guacamole with Chipotle Adobo Sauce and Goat Cheese, Avocado Toast and Roasted Eggplant Dip. Soups include Sweet Potato Red Lentil Coconut Curry, Creamy Mushroom with Pine Nut and Truffle, and Broccoli Potato.

Salads go beyond a traditional bed of lettuce. You'll find recipes for Grilled Watermelon and Feta; Raw Zucchini Ribbon Salad with Arugula, Walnuts, Lemon and Basil; and Grilled Corn and Avocado and Tomato Salad.

Throughout the cookbook Stein takes one main ingredient and demonstrates a few different ways to prepare it. She shares four ways to prepare a kale salad: Kale Caesar Salad with Grilled Portobello and Polenta Croutons; Kale and Mache Salad with Grilled Artichoke and Lemon Dressing; Spicy Kale with Strawberry, Mint, Jalapeno and Shaved Parmesan; and Grilled Kale Salad with Peaches, Beets and Burrata. I enjoyed learning a few different ways to use some ingredients because fresh, unprocessed foods tend to only last a few days. These recipes make it easier to use up the ingredients before they go bad without have to eat the same thing over and over.

Plant-based and vegetarian meals include Pad Thai with Maple Ginger Sauce; Spaghetti Squash with Tomato, Spinach, Garlic and Pine Nuts; Veggie Quesadilla with Pistachio Artichoke Pesto; Skillet Baked Penne with Swiss Chard; Eggplant and Burrata; Cauliflower Pizza; and Quinoa Fried Rice.

Fish and poultry are included in recipes for Pistachio Crusted Salmon with Garlicky Smashed Potatoes, Shrimp Tacos with Chipotle Lime Sauce, Maple Glazed Salmon with Stir Fried Veggies and Cashews, Turkey Meatballs with Pasta Marinara, and Quinoa Crusted Chicken with Spicy Honey Mustard.

I made the spaghetti squash paired with sautéed tomatoes, spinach garlic and toasted pine nuts. The ingredients were available right on my supermarket shelves and were easy to throw together. The flavors paired together extremely well and made a plain spaghetti squash something more delectable. The recipe was nearly as simple to make as spaghetti squash with plain tomato sauce, but it tasted like it took a lot more effort. The Pad Thai with Maple Ginger Sauce was also easy to prepare, but I did create a mess in my kitchen since there is a lot of chopping and mincing. Ultimately it had very good traditional Pad Thai taste.

Desserts include Raw Raspberry Lemon Cheesecake, Carrot Cake with Cashew Cream Frosting, Raw Pumpkin Pie, Warm Baked Apple with Oatmeal Crumble and Lemon Squares. The raw pies and cheesecake are made with a bed of crushed nuts and dried fruit, and no, the oven is not required.

A refreshing section of the book has recipes for homemade drinks and smoothies, including Spring Thyme Lemonade, Fresh Peach Strawberry Bellini, Roasted Pineapple Jalapeno Margarita, Green Goddess Smoothie and Almond Butter Banana Espresso Smoothie.

You can make a fancy brunch with recipes for Breakfast Pizza with Egg and Cheese, Nut Butter and Jam Banana Quesadilla, Banana Pecan Crusted French Toast Kabobs, Stuffed Berry French Toast and Breakfast Tacos with Black Beans, Zucchini, Avocado and Sriracha. Stein has also created complete seasonal menus, from appetizers to drinks and dessert, using recipes in the book that focus on in-season fruits and vegetables.

Throughout the cookbook, Stein does a fantastic job of pairing interesting flavors that you might not think of putting together. Stein's instructions are pared down, with few details, but the recipes are simple enough that you'll end up with meals that are something special. **GF**

Tips and tricks:
Ease of recipes:
Variety of meals:
Overall impression:

Editor's note: Ratings are based on a scale of 1 to 5.

Amanda Ratner was diagnosed with celiac disease as a toddler and grew up following the gluten-free diet. She regularly reviews cookbooks for Book Nook, bringing the perspective of someone learning how to cook to her reviews.

Reducing CD symptoms and the CD-allergy link

BY VAN WAFFLE



Drug reduces CD symptoms[1]

In a recent clinical trial, one of the potential drugs to treat celiac disease reduced persistent symptoms in people already following a gluten-free diet. The trial involved 342 adults at 74 health care sites across North America.

Previous research suggested that larazotide acetate prevents a "leaky gut," so gluten doesn't reach underlying tissue and cause inflammation. In studies of patients being challenged with gluten, the drug reduced symptoms and celiac disease antibodies.

This latest trial was first to test the drug in patients who had been following a gluten-free diet for at least 12 months but continued to experience symptoms. Participants randomly received a placebo, 0.5 mg, 1 mg or 2 mg of larazotide acetate three times daily.

More than one quarter of participants reported voluntarily eating gluten during the 20-week study, while more than half reported accidental exposure. They reported severity of various symptoms daily.

Patients receiving 0.5 mg showed improvement on the drug, reporting 26 percent fewer days with symptoms, averaging 1.73 days per week versus 2.38 days for patients on placebo. The same group also reported less-severe symptoms. Patients with the most symptoms reported the most improvement.

Meanwhile patients in the groups receiving 1 or 2 mg reported no change in symptoms. Why higher doses are ineffective remains unclear, but this has been observed in similar drugs.

As a requirement for the study, candidates had to test positive for celiac disease antibodies so these levels could be monitored by blood tests. However most participants started with antibodies in a healthy or normal range. While the drug did not reduce patients' antibodies in blood tests, it prevented any increase when they were exposed to gluten. More research is needed to investigate a possible longer-term improvement.

The authors concluded larazotide deserves further study. It could also help people with other autoimmune diseases involving gut permeability, including Crohn's disease, multiple sclerosis and type I diabetes.

Food allergy linked with CD[2]

Children with severe food allergies should routinely receive screening for celiac disease, according to an Italian study. Research at two hospitals found a four- to five-fold increased risk for celiac disease among critical allergy sufferers.

The subjects included 319 children with high levels of immune antibodies and a history of at least one severe reaction to milk, eggs or wheat. This group also participated in an experimental treatment of oral therapy to desensitize them.

Five percent (16 children) were found to have celiac disease based on tests for antibodies and genetics. Four percent (13 children) received subsequent biopsies confirming the diagnosis.

In a group of 128 children with mild food allergies who spontaneously recovered without oral therapy, only one was found to have celiac disease. This resembles the 1 percent prevalence among healthy schoolchildren in Trieste, where the study was done.

The authors theorize that the leaky gut in celiac disease patients could trigger food hypersensitivity or vice versa. This is the first research linking the two.

Wait and watch potential CD[3]

Research at a hospital in New Delhi, India, found that most adults with so-called potential celiac disease (PCD) do not progress to intestinal damage and full-blown symptoms after a year despite continuing to eat gluten. The authors recommend continued medical follow-up rather than a gluten-free diet for people with the condition.

The study screened at-risk patients and identified 57 as having PCD based on positive tests for tissue transglutaminase antibodies (anti-tTG) but showing little or no tissue damage in intestinal biopsies. These volunteers received follow-up blood tests and biopsies at six months and a year. By six months, 12 patients had reverted to a negative blood test, while the rest remained positive throughout the study. Four patients who progressed to worse tissue damage were placed on gluten-free diets and released from further testing.

International debate continues over whether a gluten-free diet is advisable for patients with PCD and whether blood tests alone provide adequate diagnosis. The study's small size and short duration limit its significance. Meanwhile North American patients can access more extensive blood tests than those available in India, but experts here still advise biopsy as the gold standard for diagnosis.

However this is the first study of the progress of PCD in Southern Asia. Treatment presents a heavy public health burden in India, with more than 1 billion people and a celiac disease prevalence of 1 percent.

DID YOU KNOW?

Experts continue to debate the benefit of screening schoolchildren or the wider population for celiac disease. Since it affects at least 1 percent of people in North America—many unaware of the symptoms—it's an important public health issue.

Undiagnosed cases can lead to expensive health problems, putting quality of life at risk. But widespread testing is also costly.

Some researchers are exploring easier ways to detect celiac disease antibodies in saliva or fecal samples, for example. For now, detection depends on individuals and their doctors being aware of symptoms that can indicate celiac disease and knowing the risk, particularly for close relatives of diagnosed patients. **GF**

Van Waffle has a Bachelor of Science degree in biology and is a frequent contributor to Gluten-Free Living. *He blogs at vanwaffle.com.*

[1] Leffler DA, Kelly CP, Green PH, Fedorak RN, DiMarino A, Perrow W, Rasmussen H, Wang C, Bercik P, Bachir NM and Jurray JA, "Larazotide acetate for persistent symptoms of celiac disease despite a gluten-free diet: a randomized controlled trial," *Gastroenterology*, Jun 2014;148(7): 1311–9.e6, doi:10.1053/j.gastro.2015.02.008.

[2] Pillon R, Ziberna F, Badina L, Ventura A, Longo G, Quaglia S, De Leo L, Vatta S, Martelossi S, Patano G, Not T and Berti I, "Prevalence of celiac disease in patients with severe food allergy," *Allergy*, Jul 1 2015, doi:10.1111/all.12692.

[3] Kondala R, Puri AS, Banka AK, Sachdeva S and Sakhuja P, "Short-term prognosis of potential celiac disease in Indian patients," *United European Gastroenterology Journal*, Jul 3 2015, doi:10.1177/2050640615594935.

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Being treated for hypothyroidism and still not feeling like yourself?

Gluten Free Formulation



Maybe It's Not You
Maybe It's Your Medicine

Fortunately, there is a medication that's simple and free of many of the additives including gluten* that may interfere with how your thyroid medicine works.

I Learned More by Visiting:

www.MyThyroidMed9.com

*Modified wheat starch.

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August 2015 AKR-GF-003

New for you

GF GIFTS FOR EVERYONE ON YOUR LIST

COMPILED BY NICKI PORTER

For the college student

Pop's new secret

Move over, Orville—it's time for your college student to take control of her own popcorn destiny. Instead of suffering through Styrofoam kernels and "natural butter flavorings," your student will be able to create his or her own fluffy, perfectly popped corn in the microwave with this Microwave Popcorn Maker. The next Netflix binge-a-thon or *Pitch Perfect* screening session is *definitely* going to be at her place.

➥ $25.95 at givesimple.com





A case for quesadilla makers

Quesadilla makers have long suffered a reputation as a counter space hoarder and a last-choice registry gift option, but we say the poor quesadilla maker has been wrongly maligned. This Quesadilla Maker is dorm-friendly, provides a contamination- and fire-free zone to make dinner, and requires just two budget-friendly ingredients—corn tortillas and cheese. Sure beats living on gummy bears and Diet Coke.

➥ $24.99 at target.com

Make your own McMuffin

Keep cross-contamination in the dorm kitchen or frat house at bay with this Breakfast Sandwich Maker. Simply top your gluten-free English muffin or bagel with cheese and precooked meat or veggies and crack an egg in the top portion. In minutes, you'll have toasted bread, melted cheese, warmed toppings and a freshly cooked egg—no trip to the dining hall required.

➥ $29.99 at hamiltonbeach.com



For the kids

GF loot delivered monthly

Kids can hop on board the subscription box craze, too. With the Crafted Gluten-Free monthly subscription box, they'll receive a box in the mail stuffed with gluten-free, kid-friendly treats. Mac-and-cheese, monster truck-shaped gummies and "ooey gooey" oatmeal bars are just some of the fun items they'll find tucked inside.

➥ $50/month for one year (single box purchases also available) at craftedglutenfree.com



Like a bowl full of jelly (beans)

Stuff school-age kids' stockings with this adorable holiday jar of jelly beans from Gimbal's. With a whopping 41 flavors, these jelly beans will hold kids' interest long after the half-eaten candy canes have been abandoned. Grown-ups with a sweet tooth would probably be happy to get a jar of their own.

➥ $13.99 at gimbalscandy.com



✳ *If you'd like us to consider your new product for New for You, send information to products@glutenfreeliving.com.*

For foodies



Monogrammed meal prep
Put down the initialed towels. Step away from the monogrammed robe. Give those foodies a personalized present that won't make them feel like a walking L.L. Bean catalog with these hand-cut cutting boards.
➥ $159-167 at uncommongoods.com



Go medieval on your herbs and spices
Budding chefs, meet your new best friend. A mortar and pestle does so much more than make a great tableside crock o' guac. It grinds seeds, crushes peppercorns, pulverizes chiles, purees garlic and laughs in the face of herbs and spices. It doubles as a serving dish for your salsas, guacamole and chutneys. And it's way cooler-looking than a spice grinder.
➥ $24.99 at target.com

For him



A cold one
Your man is on the go, and sometimes he has to take his own gluten-free drink for poker night, a gathering to watch the big game or an epic ski trip. He deserves a drinking vessel as rugged as he is. This stainless steel, leakproof DrinkTanks growler, hand-built in Oregon, will keep his hard cider or gluten-free beer safe and cold for more than 24 hours.
➥ $69-74 at drinktanks.com



BYOBacon
Real men don't buy their bacon at a store. If your house is a gluten-free, preservative-free, no refined sugar zone, no prepackaged slabs of pork belly will do. Let him cure his own bacon with this kit from Williams-Sonoma, which includes an all-natural curing blend, a thermometer and all the instructions he needs to get his DIY bacon on.
➥ $39.95 at Williams-Sonoma.com

New for you

For the hostess



Empty bottles put to good use
There's a certain sweet spot at every holiday party where the laughter swells, the rooms fill, the guests are merry… and the empty bottles start stacking up. Transform those empty wine bottles from eyesore to ambiance with this set of Wine Candles. Each candle burns for about 3 hours—just long enough for you to gently coax the last guest out the door.
➥ $12.95 at givesimple.com

Getting hot and cold
Keep the shrimp cocktail cold or the baked brie hot with this elegant entertainment platter. The soapstone platter isn't just easy on the eyes—it can be baked in the oven or chilled in the freezer to any desired temperature. When your guests are ready to eat, the wooden carrier makes it simple to serve sans burnt thumbs or frostbitten fingers.
➥ $64.95 at uncommongoods.com





Seasonal sweets

Stevia-sweetened chocolates
Watching your sugar intake? Lily's stevia-sweetened chocolate bars may come to the rescue this Christmas. Stick with classics such as Almond, Crispy Rice or Sea Salt or be bold and opt for citrusy Bloody Orange. And since a portion of Lily's profits goes to cancer research each year, this is a gift that truly keeps on giving.
➥ $46.99 for 12 bars at lilyssweets.com





Salty, sweet and GF
Ah, chocolate-covered pretzels. So sweet. So salty. So often packed with gluten. This year, let everyone on your list indulge in this classic creamy-crunchy combo with gluten-free chocolate-covered pretzels from Sarris Candies.
➥ $16.95 at sarriscandies.com



For the festival of lights
Make some room in your holiday Hanukkah spread for these gluten-free cookies from Beautiful Sweets. All gluten-free items at the bakery are prepared in a separated area with designated gluten-free baking equipment.
➥ Starting at $15 for 4 at beautifulsweets.com

HOLIDAY HELPERS



A pie for all palates
Uncle John is allergic to peanuts. Cousin Betsy is lactose intolerant. Your daughter is gluten free. What's a hostess to do? Order this allergen-friendly pumpkin pie from Natural Decadence. Available in two sizes, it's free of gluten, egg, dairy and peanuts.
➥ naturaldecadence.com



Superior stuffing
If you're hosting Thanksgiving this year, you're already sketching out your menu. Turkey? Check. Cranberry sauce? No sweat. A savory pan of GF stuffing? Well…that one's a little harder. We're betting Schär's new artisan gluten-free breads would make a terrific pan of stuffing, bread pudding or breakfast strata. As for nana's holiday fruitcake? You're on your own.
➥ schar.com



Oh, snap
Save the chips and salsa for game day. When you're stocking your holiday snack spread, save room at the end of the table for these new seasonal Oh, Snap! Ginger Snap chips from Way Better Snacks. Made with sweet potato, non-GMO corn and plenty of seasonal spices, they have a salty-sweet flavor combination that will have guests lingering by the snack table all night long.
➥ gowaybetter.com

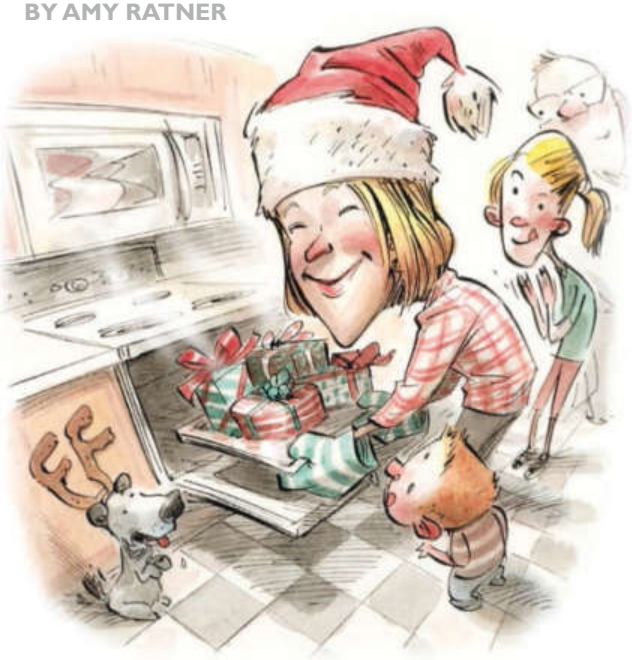


Boom chicka pumpkin
Forget that giant tin of stale popcorn and pick up a bag of Angie's Pumpkin Spice Holidrizzle Popcorn instead. If you think pumpkin spice is just for lattes and pies, fear not—you can pick up a bag of Frosted Sugar Cookie or White Chocolatier Peppermint and still get your seasonal popcorn fix.
➥ boomchickapop.com

Holiday sanity savers

SIMPLE STEPS TO HELP YOU SAIL THROUGH THE SEASON

BY AMY RATNER



Your freezer can be your friend if you do your holiday baking early.

You're probably pressed for time more than ever when the calendar flips to the last months of the year. Whatever your daily demands, you're now likely adding gluten-free baking and cooking, cleaning, decorating and shopping for gifts in preparation for the holidays you celebrate.

So we've gathered some of our best tips to help you get through the season with as little frazzle as possible. They come from bakers, cookbook authors and our editorial staff, with wishes for a happy holiday.

Keep baking simple

I love beautiful cut-out cookies, too. But you can save time if you stick to simple drop and bar cookies.

To make drop cookies even easier, use a cookie scoop to make quick work of dividing the dough and ensuring that each cookie is the same size. You'll get more even baking results that way, too.

Bar cookies are simpler yet since all the dough goes into the baking pan at once. You can dress them up for the holidays by adding seasonally colorful gluten-free ingredients such as cranberries, white chocolate and brightly hued candy pieces. (See the recipe for Cranberry Paleo bars page 59 and more recipes on our website.)

No matter what kind of cookie you choose, you'll also save time if you spend a few minutes organizing the process. Read your recipe completely to prevent surprises when you're partway through the actual process. For example chilling dough is an important part of many gluten-free recipes, and you'll want to know ahead of time to work in this step.

Store cookies properly

I've done some one-day-before-the-holiday baking and found the mess in the kitchen and the stress it adds to preparing the meal the next day to be a bit much. I'm much happier if I can get my gluten-free holiday baking done earlier. But that means having to store my creations in a way that prevents them from getting broken, sticking together or going stale.

Your freezer can be your friend if you do your holiday baking early. Many cookies freeze well, but you do have to be careful not to dry them out or subject them to freezer burn. Let cookies cool completely, stack them in a freezer container with waxed paper separating the layers, and save the icing step until after the cookies have thawed.

When making crispy cookies, unbaked drop-cookie dough can be frozen by scooping mounds onto a parchment-lined baking sheet, popping the sheet into the freezer until the dough hardens and then putting the dough in freezer bags. You can do this up to three months in advance, which means you can get started right now.

Your freezer can be prime real estate during the holidays, so if you don't have room for cookies, it's good to know that some also store well for about one week right on the counter. Let them cool to prevent sogginess. No mingling between crisp and soft cookies—store them separately and keep those with strong flavors such as mint away from others. Let any icing dry. Place a layer of waxed paper between the cookies as you stack them, and store in a container with a tight fitting lid.

Save time on the savory

You can also do some advance preparation to get ready for holiday dinners.

The best gluten-free gravy is made from the best broth, but most people don't have spare turkey parts until Thanksgiving Day. To get a jump on your holiday gravy, look for turkey legs or turkey necks at your grocery store. Most stores sell them in advance of the big day at relatively bargain prices. You can make your turkey stock in advance and reduce some of the last-minute gravy chaos in the kitchen. You can also freeze stock to make gravy for the December holidays.

Mise en place, which means "put in place" and refers to measuring and preparing your ingredients in advance, isn't something just chefs do. It's a time-saving tip every cook should utilize.

Take a look at your recipes and see what can be prepped in advance. Onions, garlic and heartier vegetables can be chopped a day ahead. Dry ingredients can be portioned out a week or two before needed. Store your prepped ingredients in air-tight containers or zipper-lock bags with labels so you know which ingredients are for which recipes.

And if you have helpers in the house, put them to work. Most children love cooking and feeling as though they've contributed to the holiday preparations.

Make gifts from your pantry

Hate that feeling that the gift you are about to buy is more about crossing one more person from your list than getting something you think they'll love? Try turning to your pantry to make gifts sure to please anyone.

It's easy to whip up a sweet and salty snack mix, candied nuts, dipped peppermint sticks and more. Search for "Gifts from the Kitchen to Save Your Sanity and Your Wallet" on our website for easy recipe ideas. You can make big-enough batches to create several gifts and still have some to enjoy yourself. Your pantry-inspired gifts can be gluten-free and taste good enough for anyone.

Presentation is important, so pick up pretty paper and plastic containers and wrapping, cellophane bags, gift tags, ribbons and baker's string at the supermarket or craft store. Look for our Holiday Guide and Holiday Cookies Pinterest boards for inspiration at pinterest.com/gflivingmag. **GF**

Amy Ratner is the editor of Gluten-Free Living *and has made it her goal to follow all these tips for a saner holiday season.*

ILLUSTRATION BY DANIEL VASCONCELLOS, WWW.VASKY.COM

Introducing

the smart swap for pasta

20 calories per serving

400mg of ALA Omega-3 per serving

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OMEGA-3 & FIBER



Can't find it?
Ask your store to order it!

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- ☑ *Soy Free*
- ☑ *Vegan*
- ☑ *Non-GMO Project Verified*

House Foods

Certified GF Gluten-Free

NON GMO Project VERIFIED nongmoproject.org

house-foods.com

Dear Joyce,

As you know, Cheerios are now gluten free. Hooray for you! And hooray for all the other folks out there with a gluten intolerance. I'm writing to let you know that you were the inspiration for this. You see, I noticed how much better you feel when you eat gluten-free foods. I also noticed how limited the gluten-free food options were out there, which is why I set out to do my part by making Cheerios gluten free. I thought, why should people with gluten issues be denied such deliciousness? They shouldn't. So I'm pretty excited to tell you that the Cheerios varieties pictured below are now gluten free. I know! In my 51 years at General Mills, I can say this is by far my proudest moment. See, now it really pays to have a father-in-law who works for the company that makes Cheerios, right? Right.

Love,

Dad

aka Phil

SIMPLY MADE
Gluten Free
GROWN. MILLED. TOASTED.

And for everyone else, look for the seal on the box and learn more at cheerios.com/glutenfree



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